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Know How Your Digestive System and Excretory System Works Together by [Focusappsstore023](#)

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The digestive system is somehow related to the excretory system. Both are important parts of our body's metabolism and help to maintain body temperature. Proper care should be taken of them. A healthy fiber-rich diet, green vegetables, and regular exercise can help to keep both systems healthy. The digestive system and excretory system are interconnected with each other. Digestive system and excretory system information can be obtained in a deeper way with the help of digestive system and excretory system animation. It offers all the information in a very entertaining way.

To understand the related working of both the systems, it's important to understand them separately.

Digestive system:

• Our digestive system is known as the alimentary canal that contains many organs. The digestive system breaks down the food into small particles so that they can be diffused easily by the body cells.

• The digestion starts from our mouth. Our teeth grind the food and convert it into paste. Here, saliva also mixes with the food. It is released from the tongue.

• Saliva contains enzymes that help in the breakdown of carbohydrates into small sugar. From there the food reaches to the stomach through the esophagus.

• The esophagus is also known as the food pipe. In the stomach, muscles churn the food and mix it with stomach acid. This acid helps to activate enzymes which are essential for the breakdown of food.

• The proteins of the food are converted into amino acids. After then the food enters into the small intestine. Enzymes are released by the pancreas and gall bladder and mix with the food to break it down further.

• Lipids are broken down into fatty acids and glycerol, and proteins into amino acids. Carbohydrates are broken down into sugars. From here the food passes into the large intestine, where it absorbs vitamins, minerals, and water. The waste of the food is passed through the rectum and anus as feces.

Excretory system:

• Our excretory system helps us to get rid of chemical waste. It plays an important role in maintaining homeostasis.

• There are many chemicals produced in the body which can be highly toxic if they remain for a long time there. We produce waste like carbon dioxide, urea, salts, etc.

In this way, both the digestive system and excretory system play their part for the proper functioning of all organs. The excretory system is a part of the digestive system. Digestive system and excretory system information is very helpful to make people aware of the diseases related to them. Digestive system and excretory system animation offer all the information in a very relevant manner that can be grasped easily by everyone. The working of both the systems is interconnected, so if any deformity occurs in any of them, it can cause problems in the other too. Proper care should be taken of both, regular exercise and a fiber-rich diet is necessary. Outdoor physical activities are very beneficial for

maintaining the metabolism.

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