

Chapter 4



Back to the Basics

As was mentioned in Chapter 1, bones give structure to the body. However, bones are more than just the framework on which the body hangs. Unlike the steel beams of a building, bones are living organs that are responsible for many other important functions in the human body, including producing cells in our blood and regulating our calcium metabolism. Muscles are important because they make bones move.

WHAT ARE BONES MADE OF?

Bone is a substance made of a mix of hard and soft materials, which makes it a composite material that can absorb impact and not break. The hard material is