

The Skin

The skin is the largest organ of the human body and is composed of several layers that play essential roles in protection, thermoregulation, and sensory perception—crucial for overall health and well-being.

Overview of Skin Structure:

Epidermis

It is the outermost layer of the skin, composed of:

- Stratum corneum: The outermost part of the epidermis, made up of dead keratinized cells (keratinocytes) that help protect the skin from external agents.
- Stratum lucidum: A translucent layer mainly found on the palms of the hands and soles of the feet.
- Stratum granulosum: Contains cells that produce keratin to help the skin remain strong and hydrated.
- Stratum spinosum: Composed of cells connected to each other via desmosomes.
- Stratum basale: The innermost layer of the epidermis, where stem cells divide and generate new skin cells.

Dermis

Located beneath the epidermis, this is the thickest layer of the skin and contains many essential structures:

- Dermal papillae: Protrusions that connect with the epidermis and blood vessels to supply nutrients.
- Sweat and sebaceous glands: Produce sweat and sebum to hydrate and protect the skin.
- Blood vessels: Deliver oxygen and nutrients to skin tissues.
- Collagen and elastin fibers: Provide structural support and elasticity to the skin.

Hypodermis

It is the deepest layer of the skin, composed of:

- Adipose tissue: Provides thermal insulation and protects against impacts and injuries.
- Blood vessels and nerves: Supply nutrients and sensory input to the skin.

The hypodermis plays a key role in maintaining body temperature and storing energy.

Hair Follicles and Sweat Glands

These are structures found within the skin that play vital roles in hair growth, sebum secretion, and body cooling through sweating and radiant heat loss.

Blood and Lymphatic Vessels

The skin is crossed by an intricate network of blood and lymphatic vessels that deliver oxygen and nutrients to cells, remove metabolic waste, and help regulate body temperature (homeothermic thermoregulation).

Nerves

The skin is rich in nerve receptors that transmit signals to the brain related to touch, heat, cold, and pain, allowing the body to perceive and respond to external stimuli.

Together, these layers and components of the skin work synergistically to carry out vital functions and protect the body from external threats.

The structure of the skin is complex and supports multiple essential functions for the body, including protection, temperature regulation, multisensory perception, and vitamin D synthesis.

Maintaining healthy skin requires proper hygiene, hydration, and protection from UV-induced damage (preferably avoiding conventional sunscreens) and from other irritating agents.

Biomesotherapy® Bibliography

Biomesoterapia Manuale teorico pratico

Accademia italiana di Biomesoterapia®

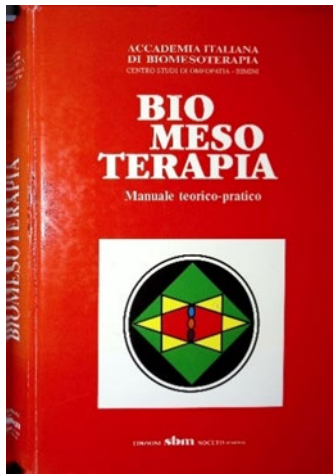
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