Human Development and Homeostasis: The Science of Psychiatry

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Homeostasis refers to the body's need to reach and maintain a certain state of equilibrium. The term is often used to refer to the body's tendency to monitor and maintain internal states such as temperature and energy levels at fairly constant and stable levels. A Closer Look at Homeostasis. The term homeostasis was first coined by a psychologist named Walter Cannon in 1926. The term refers to an organism's ability to regulate various physiological processes to keep internal states steady and balanced. These processes take place mostly without our conscious awareness. Our intern Homeostasis refers to metabolic balance within the internal environment of the human body that maintains life. Read on for 5 common homeostasis examples. There are several homeostasis examples in the human body. Learn how our bodies maintain a state of homeostasis in order to ensure our survival. Acid-Base Balance. The body maintains homeostasis or a stable equilibrium in a number of areas. The body controls the amounts of acids and bases in the blood. When the number of acidic compounds in the blood increases, body acidity also increases. The Amino Acids are critical to a healthy body. This article on the critical Amino Acids can be helpful to understanding the acid-base balance.