



The body will take from the systems which are less important.

<https://diana1.com/lose-weight>

Of course Endocrine (Heart) and Respiratory (Lungs/Breathing) are HIGH priorities, so other systems will be compromised soonest, because the body places the highest priority on keeping the Heart pumping and the Lungs breathing. **Fat Metabolism is very low down on the priority scale.** The weakest system pulls down the other systems.

ENDOCRINE	Heart beating (master gland for endocrine system)
RESPIRATORY	Lungs, Breathing
CIRCULATION	Brain, Eyes, Extremities
DIGESTION	Keeping Body Fed
IMMUNE	Body Strength – fighting virus & disease & repair of damaged tissue – part of Lymphatic system
CLEANSING & ELIMINATION	Improves integrity of all organs, cells and lymph systems
FAT MANAGEMENT	Least important, lowest priority for body. Not life-threatening.



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