



Review

A Day out in Body Worlds



Corina Mueller

Body Worlds is an exhibition of a lifetime for anybody who is interested in what we really look like on the inside and discovering how our daily life is affecting our health. Attracting 47 million visitors globally, the exhibition has now found a permanent home in the heart of London, giving you the chance get to know your 600 muscles, 200 bones and 100 joints and more.

The man behind Body World is anatomist Dr Gunther von Hagen, who has pioneered the art of representing human flesh with his unique plastination technique since 1995. His plastination centre in Brandenburg, Germany is the most modern and largest of its kind. The plastinates are unperishable and are shaped to be aesthetic and rather to be seen as art – Gunther von Hagen wants to underline the art of Mother Nature.

The exhibit shall be spread over three floors and will present real life corpses that have been fully donated to the process. From deceased organs over to dissected full bodies and sheet plastinates (sagittal and frontal plane cuts) this is the ultimate opportunity to see anatomy in 3D. Furthermore, the poses of the plastinates show real life scenarios, including playing tennis and the acro-yoga pose, allowing you to see the function of the muscular and skeletal system.

Lead by the theme 'how stress and emotions are affecting our organs and bodily functions', it is indeed a current topic and an eye opener. Carried out in the categories of the bodily system, the story of the body is unfolded describing how stress, emotions and external influences can shape our different organs and ultimately our life. Showcases with the comparison of a healthy organ and the pathologies we might get over our lifetime are shown and explained. Throughout the exhibit, interactive bases are offered to the viewer so they can learn a bit more about their own body. Modern technology plays a big part in showing how it can help but also harm ourselves and our generation to come.

The core message of the exhibition is that we only have one life and what we do with it is our choice. We should not take life for granted and we should make as much effort as possible to support our body and appreciate its hard work 24/7. Get ready to be mesmerised by the wonder of the human body and mind, birth, death and life in-between. It will be a breathtaking and wondrous journey, with gratitude and respect to the hard work and donations made.

Good advice for the trip to the exhibit - you will need a good 3 hours to admire the extremely detailed display.

Corina Mueller

As a qualified naturopathic herbalist, Iridologist and a professional Ayurvedic massage therapist, Heal and Relax founder Corina Mueller (ND MHMA MANP) brings a unique passion to her field by successfully combining Western, Asian and North American naturopathic traditions.

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