

(Asher Yatzar) Our body functions

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,  
וּבָרָא בּוֹ נִקְבִים וְנִקְבִים, חֲלוּלִים וְחֲלוּלִים,  
נְלוּי וַיְדוּעַ לְפָנֶיךָ כִּסֵּא כְבוֹדְךָ שָׂאם וּפְתַח  
אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם,  
אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמֹד לְפָנֶיךָ:  
בָּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר, וּמַפְּלִיא לַעֲשׂוֹת:

Blessed are You, Adonai our God, King of the Universe, Who formed man with wisdom and created within him openings and hollows.

It is obvious and known in the presence of Your glorious throne that if one of them were ruptured, or if one of them were blocked, it would be impossible to exist and stand in Your Presence.

Blessed are You, Adonai, Who heals all flesh and performs wonders.