
The Freight Body System™

Turning Lanes into Life Systems.



A Foundational Manual for Understanding the U.S.
Freight Network

By

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INTRODUCTION

The United States is a living logistics system.

Freight moves like blood.

Highways act like arteries.

States function like organs.

Operators sustain circulation.

If you understand the body, you stop chasing freight and start aligning with it.

This manual introduces the Five-Organ Model of the United States Freight Body.

CHAPTER 1 — THE UNITED STATES AS A SYSTEM

The U.S. economy functions as an integrated biological network:

Biological Function

Freight Equivalent

Blood
Arteries
Organs
Brain
Lungs
Heart
Digestive
Eyes.

Freight
Highways
Regions
Market intelligence
Imports & exports
Central distribution
Processing & retail
Forecasting & finance

Freight does not move randomly. It circulates.

CHAPTER 2 — THE FIVE MAJOR ORGANS

THE HEART — TEXAS & CENTRAL SOUTH

Function: Circulation & Distribution

Core States: TX, OK, LA

Key Arteries:

- I-35
- I-10
- I-20

Major Commodities:

- Energy
- Manufacturing
- Cross-border freight
- Machinery

Why It Matters:

Texas pushes freight into every other organ.

CHAPTER 2 — THE FIVE MAJOR ORGANS

THE LUNGS — CALIFORNIA & WEST COAST

Function: Intake & Export

Core States: CA, WA, OR

Key Arteries:

- I-5
- I-10
- I-40

Major Commodities:

- Imports
- Electronics
- Furniture
- Produce

When California slows, the entire country feels it.

CHAPTER 2 — THE FIVE MAJOR ORGANS

THE BRAIN — ILLINOIS & MIDWEST

Function: Coordination & Signal Flow

Core States: IL, IN, OH, MI

Key Arteries:

- I-55
- I-70
- I-80

Major Commodities:

- Automotive
- Agricultural processing
- Intermodal freight

Chicago sends pricing and flow signals to the rest of the country.

CHAPTER 2 — THE FIVE MAJOR ORGANS

THE DIGESTIVE SYSTEM — SOUTHEAST (GA, FL, Carolinas)

Function: Processing & Redistribution
Core States: GA, FL, NC, SC

Key Arteries:

- I-75
- I-95
- I-85
- I-20

Major Commodities:

- Grocery
 - E-commerce
 - Refrigerated freight
 - Retail distribution
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CHAPTER 2 — THE FIVE MAJOR ORGANS

THE EYES — NORTHEAST (NY, NJ, PA, MA)

Function: Forecasting & Final-Mile Density

Core States: NY, NJ, PA, MA

Key Arteries:

- I-95
- I-76
- I-87

Major Commodities:

- Pharmaceuticals
 - Port freight
 - High-value goods
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CHAPTER 3 — THE FIVE MAJOR ARTERIES

1. I-10 (West ↔ South ↔ Southeast)
2. I-35 (Mexico ↔ Midwest)
3. I-5 (West Coast spine)
4. I-40 (West ↔ Midwest)
5. I-95 (Southeast ↔ Northeast)

These highways keep the organs connected.

CHAPTER 4 — WHY RELATIONSHIPS MATTER

Broker Relationships

- Access to lanes
- Consistent flow
- Survival during first 90 days
- Stability during slow markets

Shipper Relationships

- Long-term consistency
- Better rates
- Predictable circulation

CHAPTER 5 — 0–90 DAY SURVIVAL GUIDE

1. Stay in your organ.
2. Use 2–3 brokers.
3. Stick to major arteries.
4. Move common commodities.

Build one reliable loop.

CHAPTER 6 – IDENTIFYING SHIPPERS

Filter by:

- Region
- Commodity
- Equipment
- Highway access

CHAPTER 7 – BUILDING SIMPLE CIRCULATION

Home → Nearby Organ → Home

Keep it repeatable.

CONCLUSION

Freight is not chaos.

It is circulation.

Turning lanes into life systems starts with
understanding the body.
