

What does "*Nemo psychologus nisi physiologus*" mean?

One is not a psychologist who is not also a physiologist.  
(Johannes Peter Müller, 19th century physiologist and anatomist)

What is a *biological explanation* of behavior and experience/mental activities (i.e., cognition, emotion and motivation)?

It is an explanation in terms of the *anatomy and physiology* (i.e. structure and function) of the organism, and thus also in terms of the *biological development* of the organism. These are dependent upon the *genetic inheritance* of the organism (as well as experience); which in turn is dependent ultimately on explanations in terms of *evolutionary history*, and hence *adaptive significance*.

The primary focus in biological psychology is on the *nervous system*, as well as the *endocrine system*. Recently, it has been found that these two systems interact not only with each other, but with the *immune system*.