

# 23 AMAZING FACTS ABOUT OUR BODIES



Learning about some of the amazing things our bodies can do can help with body image. It's so easy to focus on the outside and what it looks like! Under the surface, though, there are so many things happening. It's miraculous. Here are 23 cool facts to get you started!

1. Laid end to end, an adult's blood vessels could circle the Earth's equator four times.
2. Bodies give off light. It's just too small of an amount to see with the naked eye.
3. The human heart beats more than three billion times in an average lifespan. Every heartbeat is a miracle!
4. Scientists think our noses can detect 1 trillion different odors.
5. On a genetic level, all humans are more than 99 percent identical.
6. Our bodies have 37 trillion cells and 7 octillion atoms. This means there are 5000 times more cells in one body than there are people on the planet.
7. There are a trillion nerves that power our memory.
8. We spend 10 percent of the day blinking. In one day you blink over 11,500 times.
9. Our eyes can distinguish between 2.3 and 7.5 million colors.
10. If all our DNA was uncoiled, it would stretch 10 billion miles.
11. Messages from our brain travel along our nerves at 200 miles per hour.
12. The brain has 86 billion nerve cells joined by 100 trillion connections. That is more than the number of stars in the universe.
13. The lining in your stomach is replaced every four or five days to keep it from digesting itself. There's something to be grateful for tonight. :)
14. Our body is constantly healing and regenerating. The liver renews itself every 150 to 500 days.
15. Blood circulates 12,000 miles A DAY!
16. In your lifetime, your body will process 100,000 pounds of food.
17. You take 23,000 breaths a day.
18. The average scalp has 100,000 hairs on it. It grows about six inches a year.
19. Your body has more than 600 muscles.
20. Your brain generates more electrical impulses than all the telephones in the world. Combined.
21. We speak over 5,000 words a day.
22. We think 50,000 thoughts a day. They estimate 80% of those are negative, and 95% are repetitive.
23. You feel thirsty when the amount of water in your body decreases by just 1%.

*"THE HUMAN BODY IS NOT A THING OR A SUBSTANCE, GIVEN, BUT A CONTINUOUS CREATION."  
-NORMAN O. BROWN*

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