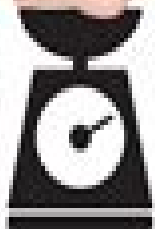


— YOUR AMAZING — BRAIN INFOGRAPHIC

**SPEED
LIMIT**
**268
MPH**

Brain signals travel
at speeds between
1-268 miles per hour!

The brain weighs
3lbs

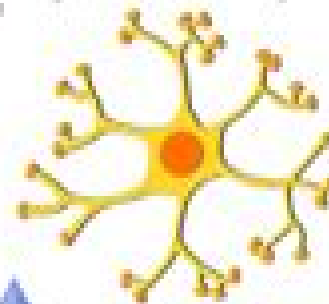


PAIN RECEPTORS



There are no pain receptors
in the brain, so it can't
feel pain. A headache
involves muscles and
nerves in your head

**NEURAL
CONNECTIONS**
are made every time
you form a memory



OXYTOCIN
The brain chemical
which makes you
feel LOVE!

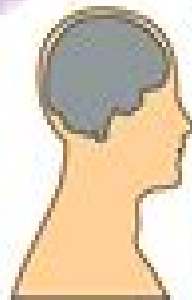
HEMISPHERES
LEFT AND RIGHT BRAIN

LOGIC VS. CREATIVITY



BRAIN CELLS
**100 BILLION
NEURONS**

The neuron is the brain's
basic unit for processing
information.



**65,000 Thoughts
Every day**



In the average
adult, the brain
represents
2%
of the total
**BODY
WEIGHT**

The brain is
75%
WATER

**ENERGY
CONSUMPTION**
Your brain uses
20% of your
total energy



SLEEP

Your brain is more
active when you
are asleep. It is busy
processing everything
that has happened
during the day.

ENERGY
10-23 WATTS

When you are awake,
your brain generates enough
energy to power a light bulb!

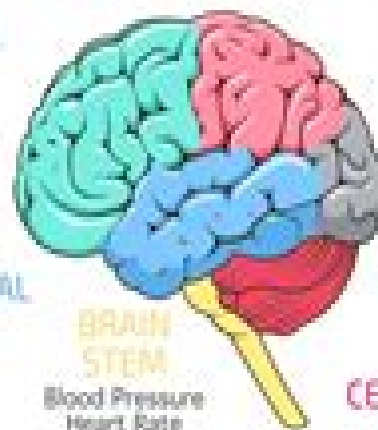


25% OXYGEN
Your brain needs 1/4 of
all the oxygen used by
the body



**FRONTAL
LOBE**
Intelligence
Memory
Movement

**TEMPORAL
LOBE**
Behaviour
Hearing
Speech



**BRAIN
STEM**
Blood Pressure
Heart Rate
Breathing
Swallowing

**PARIETAL
LOBE**
Language
Reading
Sensation

**OCCIPITAL
LOBE**
Vision

CEREBELLUM
Balance
Coordination

5-10 MINUTES
A lack of oxygen to the brain for
this long
leads to permanent brain damage

BRAIN FOOD

Eat oily fish, chocolate,
nuts, eggs and blueberries
to boost your brainpower



Facts Of Thinking A Brain Thing

BM King



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