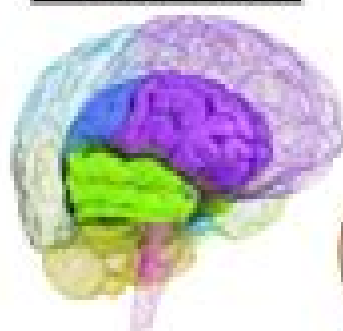
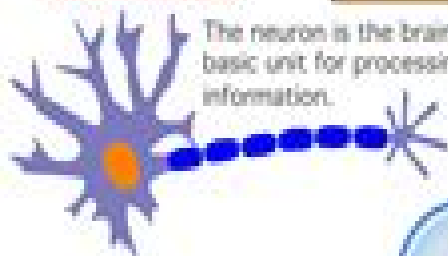


— YOUR AMAZING — BRAIN INFOGRAPHIC



BRAIN CELLS
100 BILLION
NEURONS

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



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



SPEED LIMIT
268 MPH

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



65,000 Thoughts
Every day



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

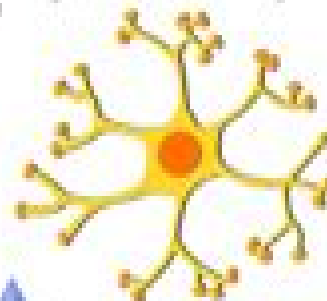


PAIN RECEPTORS



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



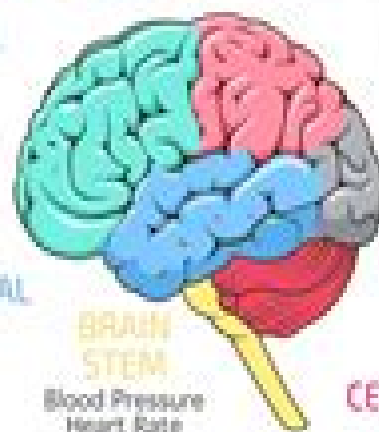
ENERGY CONSUMPTION
Your brain uses **20%** of your total energy



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

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 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

RS Peters



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