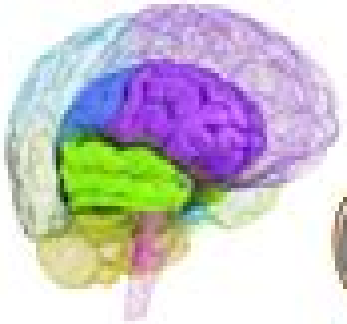
— YOUR AMAZING —

BRAIN

INFOGRAPHIC



SPEED LIMIT 268 MPH

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

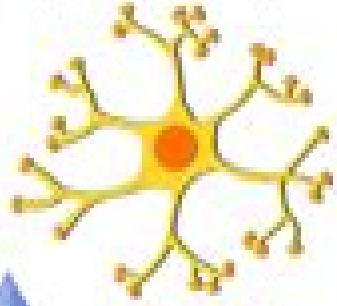
The brain weighs

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



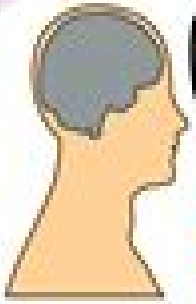
OXYTOCIN

The brain chemical which makes you feel LOVE!

HEMISPHERES

LEFT AND RIGHT BRAIN

LOGIC VS. CREATIVITY



65,000 Thoughts Every day

In the average adult, the brain represents

2% of the total **BODY WEIGHT**

BRAIN CELLS

100 BILLION NEURONS

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

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.

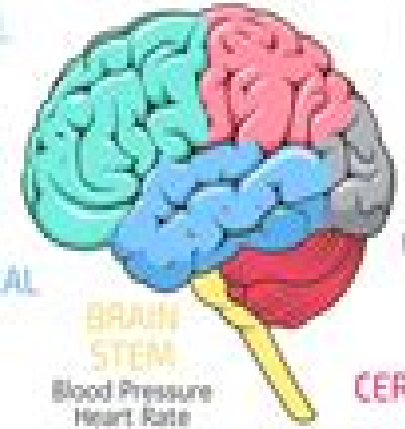
ENERGY

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

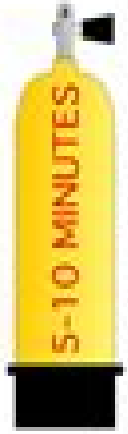
PARIETAL LOBE
Language
Reading
Sensation

TEMPORAL LOBE
Behaviour
Hearing
Speech

OCCIPITAL LOBE
Vision

BRAIN STEM
Blood Pressure
Heart Rate
Breathing
Swallowing

CEREBELLUM
Balance
Coordination



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

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Facts Of Thinking A Brain Thing

O García

Facts Of Thinking A Brain Thing:

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