

The Brain: Amazing and Fun Facts

- Human beings are born with approximately 120 billion neurons in their brain.
- If all proceeds normally, we are born with more neurons than we will ever have again in our lives, as unused neurons begin to die off.
- By adulthood, we have around 100 billion neurons arranged into hundreds of different brain structures and pathways.
- Up to 50% (50 billion neurons) are “sleeper neurons”, lying there waiting to be activated by new activity and learning.
- The brain continues to grow throughout life as neurons add on additional connections (called dendrites) which allow learning to occur.
- Each neuron has up to 10,000 connections to other neurons, resulting in over ten trillion connections in the brain.
- There are over 150 different types of neurons in the brain, each with different functions, making them the most diverse cell type in the body.
- The brain and the spinal cord are one continuous structure allowing for integration of all parts of our body.
- In addition to neurons, there are other types of cells in the brain (glial cells) that help the neurons do their job by providing a web of connections. There are billions of glial cells in the adult brain.
- As a child develops, the brain is going through constant specialization of different pathways for vision, hearing, touch, taste, smell, language, memory, etc..... Each of these pathways has individual structures as well as constant interconnections.
- Optimal development of the central nervous system occurs with a combination of varied stimulation of many pathways and repetition of specific actions to create coordination and efficiency. The greatest period of development is before 8 years of age.
- A mature brain weighs about 3 pounds.
- About 2 pints of blood flow through the brain every minute.