

75 amazing observations about the human body

"...I am fearfully and wonderfully made..." – Psalm 139:14

1. An adult human has 26 vertebrae and a child has 33 vertebrae. As a child grows some of the vertebrae at the bottom of the spine will fuse together reducing the number to 26.
2. There are approximately 9,000 taste buds on your tongue. They are the quickest healing part of the body.
3. The human body contains about 26 feet of intestine – the small intestine is about 21 feet long and the large intestine is about 5 feet.
4. The body of an adult contains over 60,000 miles of blood vessels. Strung together end to end, your blood vessels could circle the globe about 2 ½ times. (Gen 9:4; Lev. 17:11, 14; Deut. 12:33)
5. An adult heart pumps nearly 4,000 gallons of blood each day.
6. Eye muscles are the busiest muscles of the body. It is estimated they move about 100,000 times a day.
7. Your lungs contain almost 1,500 miles of airways and over 300 million alveoli (air sacs). Every minute you breathe in 13 pints of air.
8. You are likely to shed 40 pounds of skin in a lifetime.
9. At peak performance your nose can tell the difference between 4,000-10,000 smells. (Song of Solomon 2:13)
10. Unlike other body cells, brain cells cannot regenerate. Once brain cells are damaged, they are not replaced.
11. The spinal cord is a thick bundle of nerves which runs down the center of the spine.
12. Nerve signals travel at speeds of more than 350 feet per second. The length of a football field.
13. The human brain is 80% water.
14. The optic nerve which connects the eye to the brain has about 1.2 million nerve fibers.
15. There are 31 pairs of spinal nerves that connect the spinal cord to all parts of the body.

16. The average weight of the male brain is 3.2 pounds.
17. A nerve cell can transmit 1,000 nerve impulses (messages) each second.
18. In one square inch of skin there are 4 yards of nerve fibers, 1,300 nerve cells, 100 sweat glands, 3 million cells, and 3 yards of blood vessels.
19. Except for your brain cells, 50 million of the cells in your body will have died and been replaced with others all while you have been reading this sentence.
20. Researchers have counted over 500 liver functions. The liver is often called the body's chemical factory.
21. There are nearly 45 miles of nerves running through our bodies.
22. Nerve messages travel as impulse at speeds up to 248 MPH.
23. There are an estimated 1 billion nerve cells in the human brain.
24. A human heart beats approximately 40 million times per year, 400 billion times in a decade, and 2.8 billion times by the age of 70.
25. Over half of the bones in your body are located in your hands and feet.
26. A human body contains 700 million alveoli (air sacs)
27. The adult body contains 5-6 quarts of blood. An infant has about 1 quart.
28. About 2/3 of the human body is water.
29. Each cell in your body has an estimated 6-8 feet on DNA (genetic material)
30. The average life span for a stomach cell is 2 days. Your body is always making new ones.
31. Brain cells can live for a lifetime.
32. Capillaries (tiny blood vessels) are so small that red blood cells can only travel through them in single file.
33. Research has found that fetuses are able to learn and recognize sounds while in their mother's womb.
34. Guilt may damage your immune system by lowering your immunoglobulin levels, research has found. (Psalm 32:1)
35. During a lifetime your kidneys clean over 1 million gallons of blood.

36. When we touch something we send a message to our brain at about 124 MPH.
37. The aorta is the largest artery in the body. Its diameter is about the same as a garden hose.
38. The femur (thigh bone) is the largest bone in the body.
39. The average human head has 100,000-125,000 hairs on it. (Psalm 40:12)
40. The liver is the largest gland and second largest organ in the body.
41. The surface area of the lungs is about the same size as a tennis court.
42. The tooth is the only part of the body that cannot repair itself.
43. There are more red blood cells in the body than any other type of cell.
44. All of the organs and muscles inside the body rely upon nerve impulses to function.
45. The nervous system is the master controlling system of your body.
46. The central nervous system consists of the brain, the spinal cord, and the body's nerve network. (Ephesians 5:23b)
47. The purpose of your muscles is to move your body. The body has over 600 muscles which accounts for 40% of your body weight.
48. In your lifetime your digestive system may handle 50 tons of food.
49. About 440 gallons of blood flow through the kidneys each day.
50. Your kidneys have about a million structures that filter out liquids and wastes.
51. Your skin surface is replaced once a month.
52. The average adult male sweats approximately 2 liters a day.
53. Your body is constantly creating new living tissue.
54. It takes 72 different muscles coordinating by the nervous system to produce speech.
55. Your skull is made up of 29 different bones.
56. Your eyes are always the same size from birth, but your nose and ears never stop growing.
57. You are born with 300 bones. When you become an adult you will have 206.
58. Every human spent about $\frac{1}{2}$ hour as a single cell. That cell divided until an adult body has approximately 30 trillion cells.

59. There are about 45 miles of nerves in the skin of a human being.
60. Human blood travels 60,000 miles per day on its journey through the body.
61. The average human will breath approximately 23,000 times a day. (Daniel 5:23; Acts 17:25; Psalm 150:6)
62. A fetus acquires finger prints at the age of 3 months.
63. An individual red blood cell takes 60 seconds to travel through the entire body.
64. The human body is made up of enough water to fill a 10-gallon tank.
65. The largest cell in the body is the female reproductive cell – ovum.
66. The left lung is smaller than the right to make room for the heart.
67. The largest human organ is the skin with a surface area of about 25 square feet.
68. The longest muscle in the body is the Sartorius which is in the leg.
69. A sneeze can travel at speeds of up to 100 MPH.
70. We use 43 muscles to frown, 17 muscles to smile.
71. The nose filters, humidifies, and warms 500 cubic ft. of air each day. It never stops working.
72. There are 46 chromosomes in every cell of your body. 45, are the same but one is either an XY (male) chromosome or an XX (female). Therefore, there are 30,000,000,000,000 XY or XX chromosomes that identify you as male or female.
73. The human eyelid blinks about 4.2 million times a year.
74. It takes about 300 muscles working together to take one step. About half of the bodies' muscles are exercised by walking.
75. Each joint is enclosed in an air tight cavity formed by the synovial membrane. This membrane produces a thick lubricating fluid that greases the cartilage—cushioning the joints.