

Brain Facts

HOW MUCH DO YOU KNOW ABOUT YOUR BRAIN?

Left Brain

CONTROLS THE RIGHT SIDE OF THE BODY

Logic
Reasoning
Math/Science
Spoken/Written Language
Analytical Skills
Objectivity

Right Brain

CONTROLS THE LEFT SIDE OF THE BODY

3D Shapes
Music/Art
Intuition
Creativity
Emotions

Neurons

CONTAINS 100 BILLION NEURONS

Neurons begin forming 4 weeks after conception and make the most connections between the ages of 3-12.

Energy

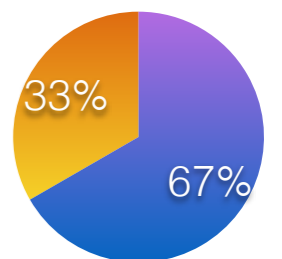
CONSUMES MORE ENERGY THAN ANY OTHER ORGAN

The brain uses enough energy to power a 25-watt light bulb. One-third of that energy is spent on cell maintenance.



ENERGY ALLOCATION

● Cell Signals
● Cell Maintenance



3 POUNDS

6 PARTS



Parietal - intelligence, language, reading, senses, time, spatial orientation

Frontal - executive function, behavior/impulses, personality, planning

Temporal - memory, understanding, hearing, speech, visual recognition

Cerebellum - balance, coordination, gross/fine motor skills, fear/pleasure

Occipital - visual processing, colors, dreams

Brain Stem - involuntary functions, heart beat, breathing, alarm center

ON AVERAGE, THE NUMBER OF TIMES EACH NEURON FIRES PER SECOND

200

13

THE NUMBER OF MILLISECONDS IT TAKES THE BRAIN TO PROCESS VISUAL IMAGES

10%

NEURONS ONLY MAKE UP 10% OF BRAIN CELLS

80%

THE BRAIN IS COMPRISED OF MOSTLY WATER

20%

ONE FIFTH OF OUR OXYGEN SUPPLY IS CONSUMED BY THE BRAIN

25%

ONE FOURTH OF OUR GLUCOSE SUPPLY IS CONSUMED BY THE BRAIN

THE FORGETTING CURVE

THE BRAIN FORGETS:

90% within one week

70% within 24 hours

50% within one hour

NEUROPLASTICITY

INTENSE, PROLONGED, REPEATED experiences will physically change the anatomy and chemistry of the brain.

