

Are You Growing New Brain Cells?

It appears that we are made even better than we thought. The human body and its systems are engineering wonders. The human brain is the most complex arrangement of matter in the universe. Now, new research shows that your brain is even more wonderfully made than anyone thought.

It used to be believed that the brain cells you were born with were all the brain cells you would ever have. Then, research showed that canaries grow new brain cells to learn new songs. Later research showed that the human hippocampus grows new cells. That's the part of your brain where you form memories and remember new faces. The latest research now shows that your cerebral cortex also gets new cells every day. That's the part of your brain where you do higher intellectual functions and where your personality lies. The study, which used macaque monkeys, concluded that literally thousands of new brain cells are added to your cerebral cortex every day. Scientists concluded that this also happens in humans because monkeys' bodies usually work pretty much the same as human bodies. Scientists hope that this finding may help develop new treatments for degenerative brain diseases and to replace cells that are lost with age.

God has given us wonderful bodies that have amazing abilities, many of which we are still learning about. There is not enough good luck in the universe to enable blind evolutionary chance to create our bodies, much less our brains. Our very existence bears witness to God's wisdom and power.

Psalm 107:8

"Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!"

Prayer: I give thanks to You, Lord, for all Your gifts that make me possible. Amen.

Ref: "Study finds that new brain cells arrive daily," Star Tribune.