

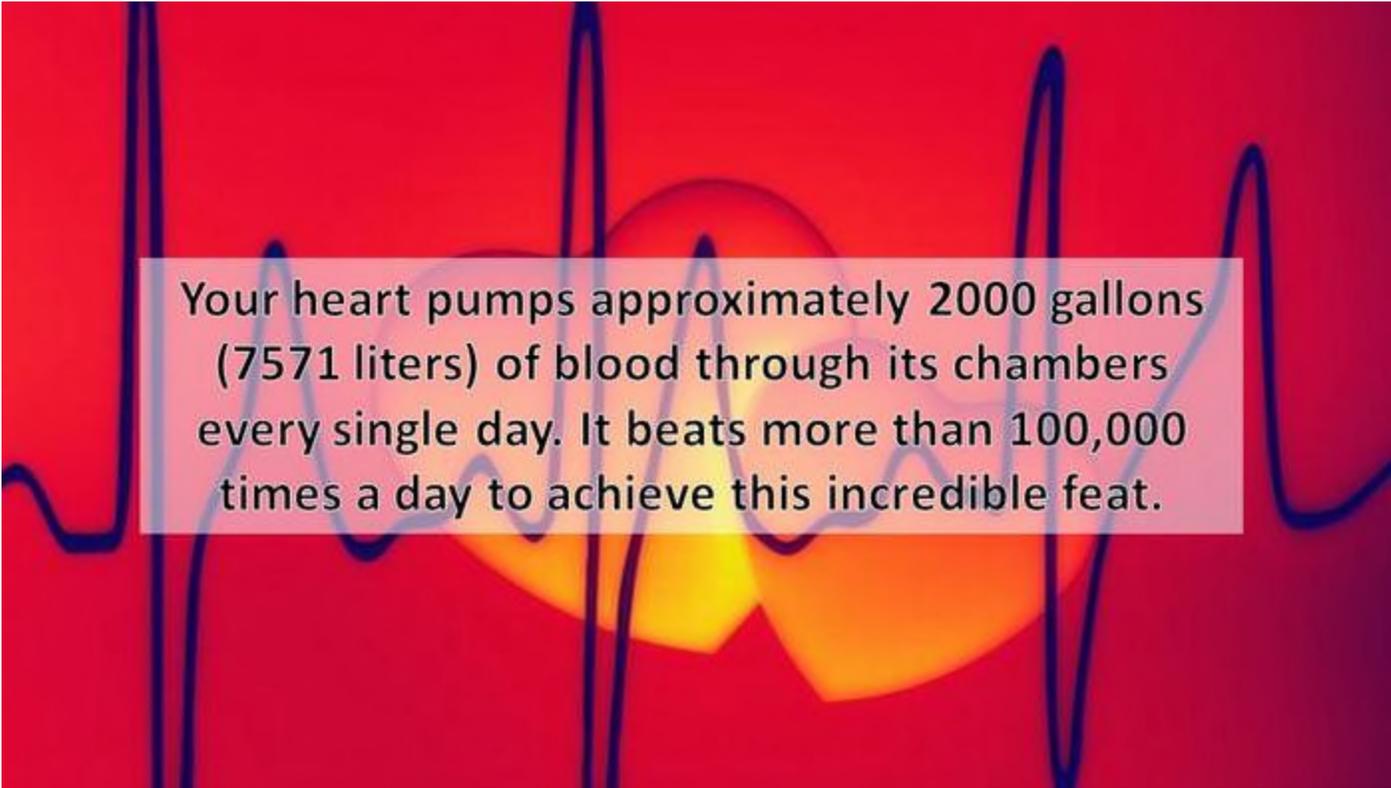
I thought this was both informative and fascinating. Thank goodness our internal organs work without our having to tell them what to do as it would be exhausting, plus how awful if you forgot one.

-
In case you have to answer Jeopardy questions about your body.

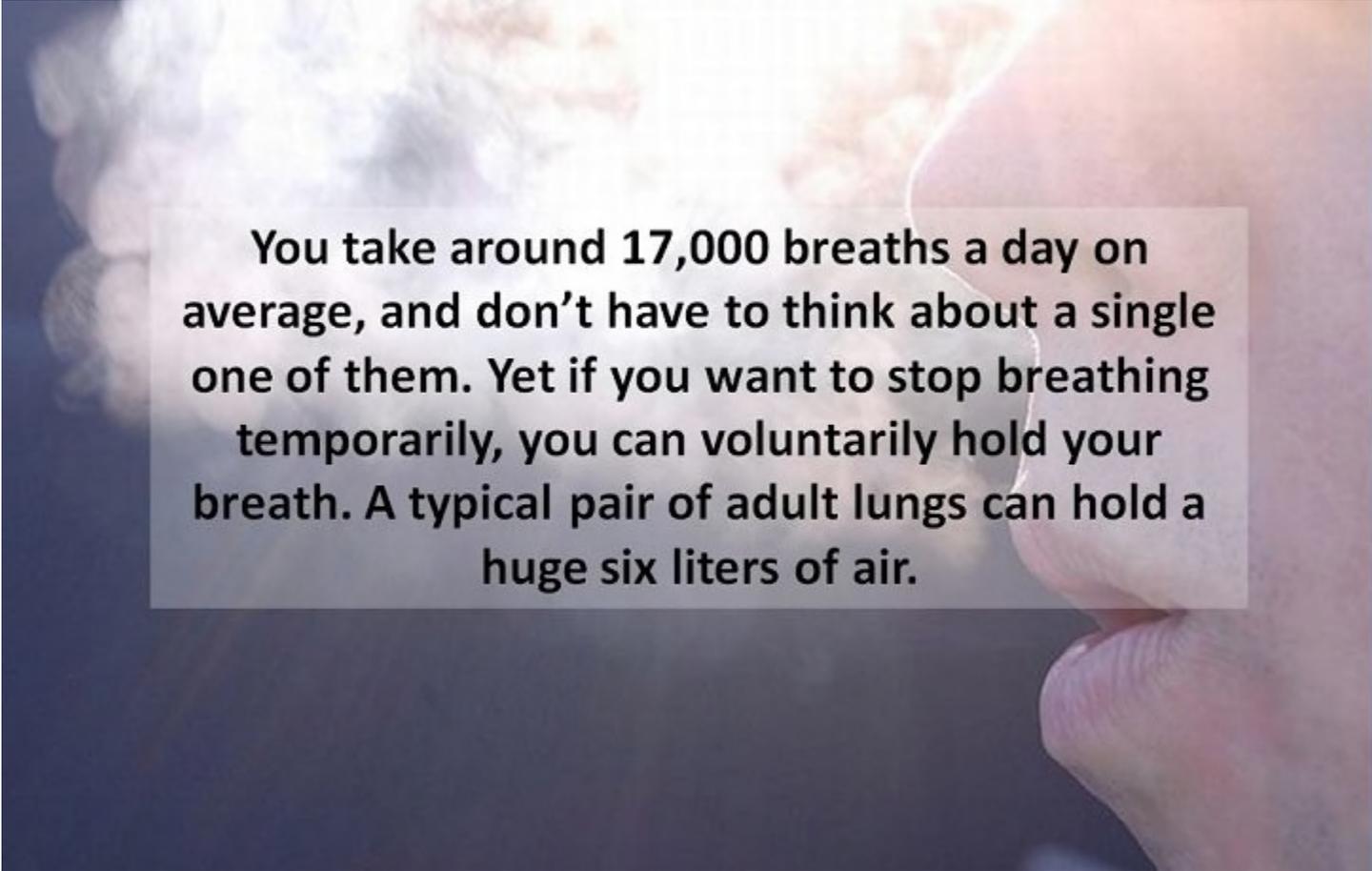
This may be the most interesting, fascinating and informative email I've ever received. The info is unbelievable & incredible to say the least. If you don't already know these statistics, you will be amazed!

What Your Body Does in a Day:

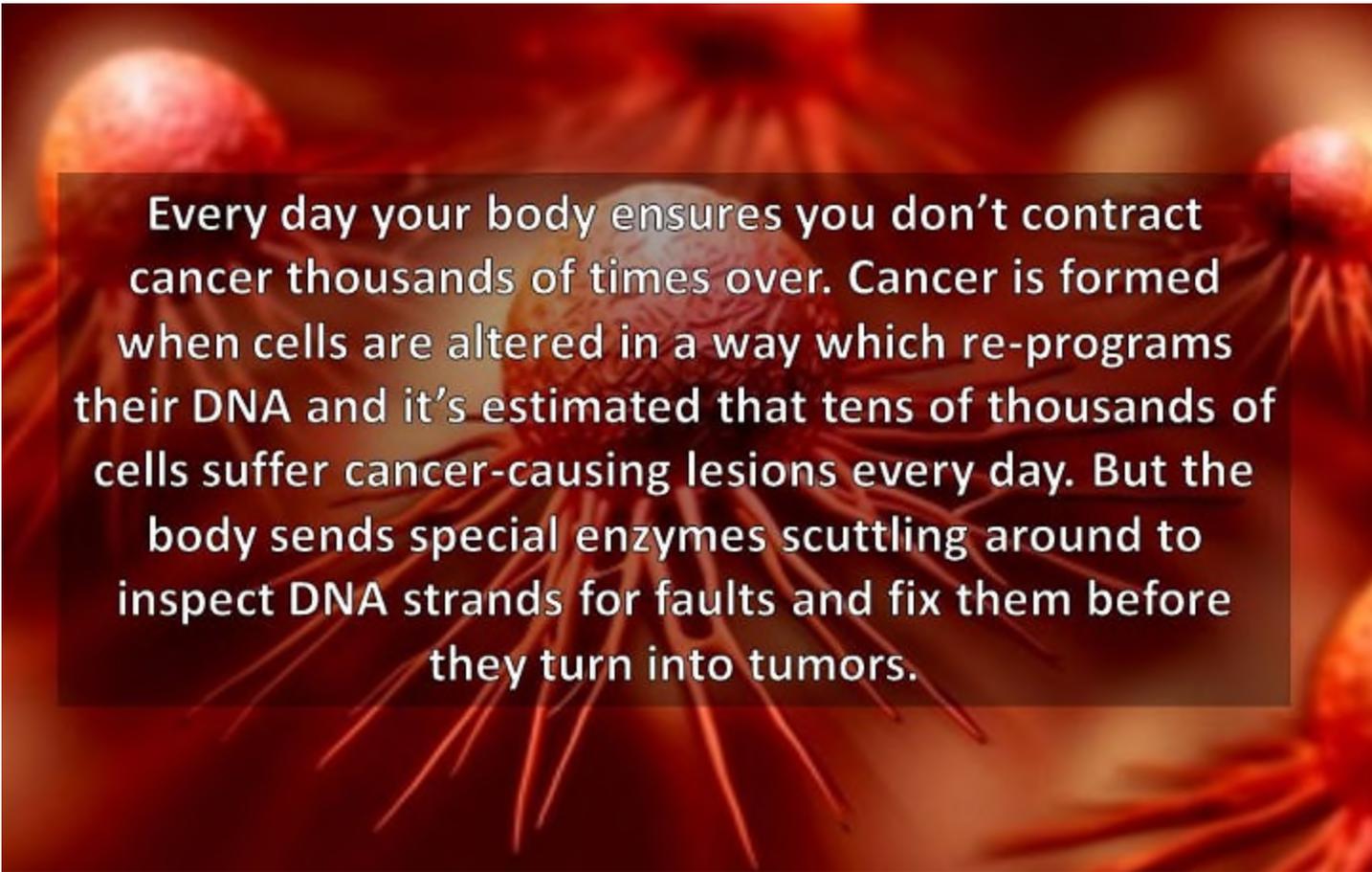
Sometimes you may feel like your body is beginning to creak and fail you on the outside, but do you ever stop to consider the incredible work that is taking place inside of it? There is so much going on and everything fits together so well, that it's almost impossible to comprehend it. This presentation will remind you that there are miracles going on inside your body every single day.



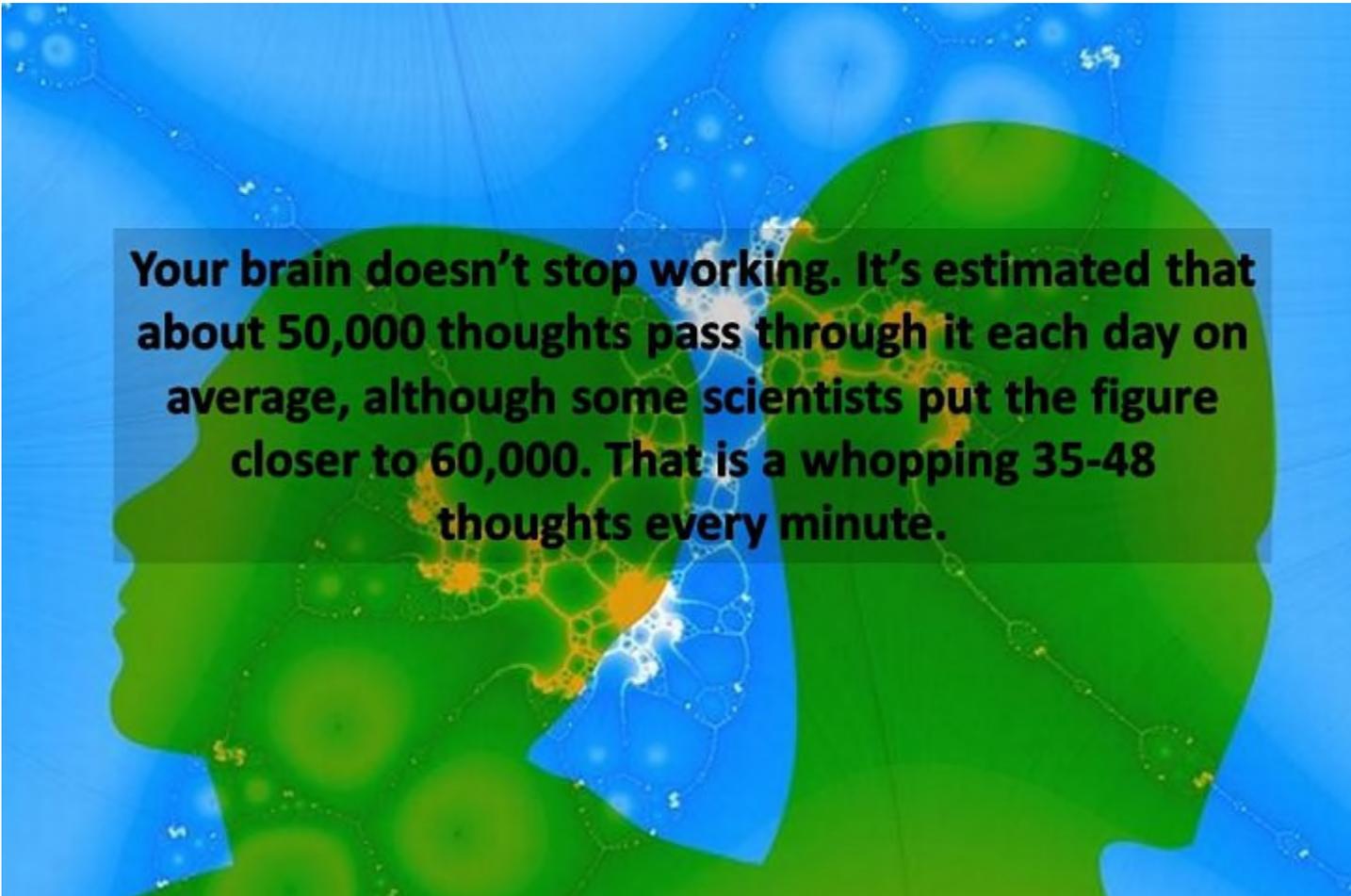
Your heart pumps approximately 2000 gallons (7571 liters) of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.



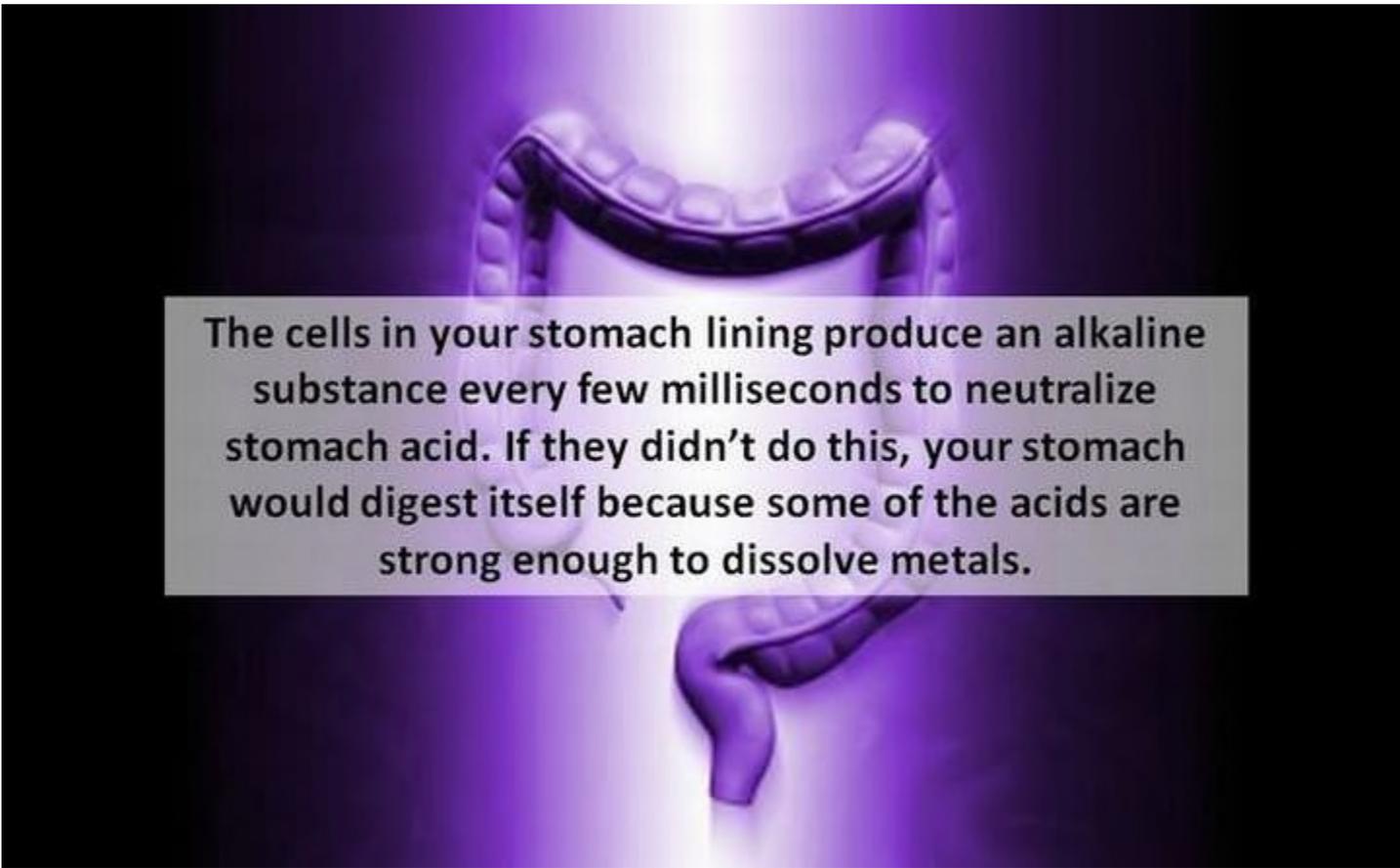
You take around 17,000 breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold a huge six liters of air.

A microscopic view of cells, showing a central cell with many thin, radiating filaments extending outwards. The background is a warm, reddish-orange color with other cells visible in the periphery.

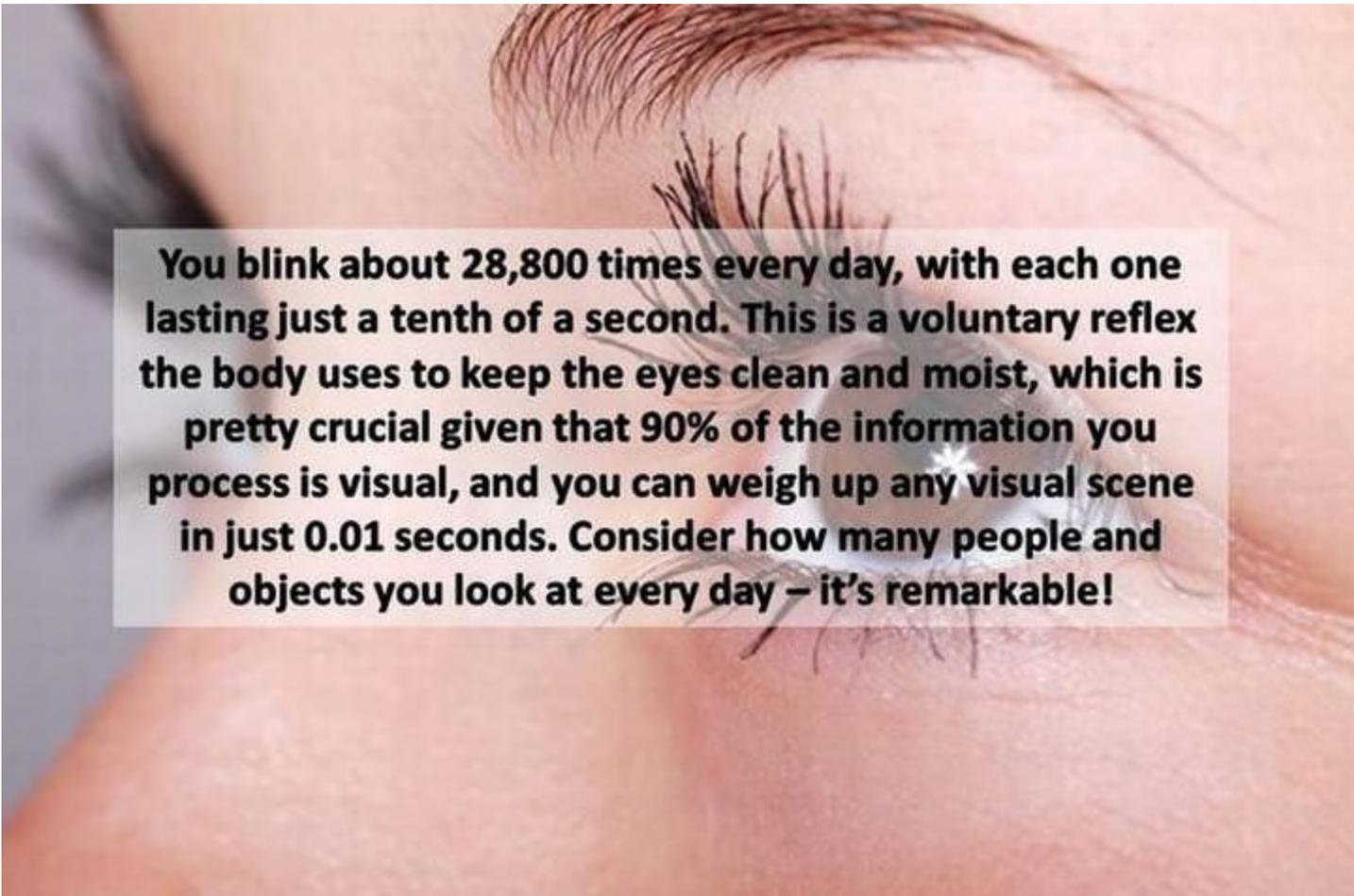
Every day your body ensures you don't contract cancer thousands of times over. Cancer is formed when cells are altered in a way which re-programs their DNA and it's estimated that tens of thousands of cells suffer cancer-causing lesions every day. But the body sends special enzymes scuttling around to inspect DNA strands for faults and fix them before they turn into tumors.

Two green silhouettes of human heads facing each other, with a complex network of white and yellow nodes and lines connecting them, representing neural activity or thought processes. The background is a light blue color with faint molecular structures.

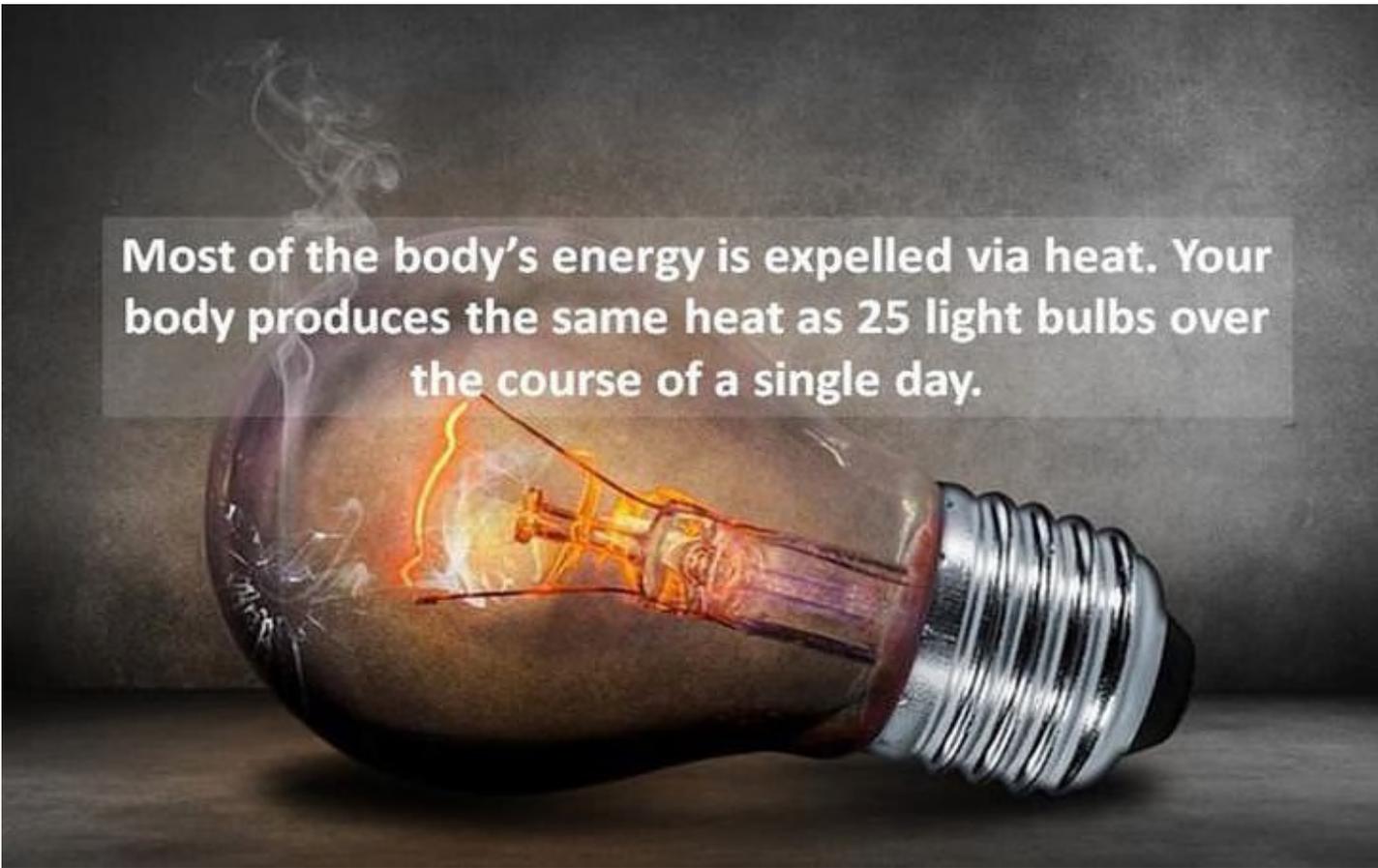
Your brain doesn't stop working. It's estimated that about 50,000 thoughts pass through it each day on average, although some scientists put the figure closer to 60,000. That is a whopping 35-48 thoughts every minute.



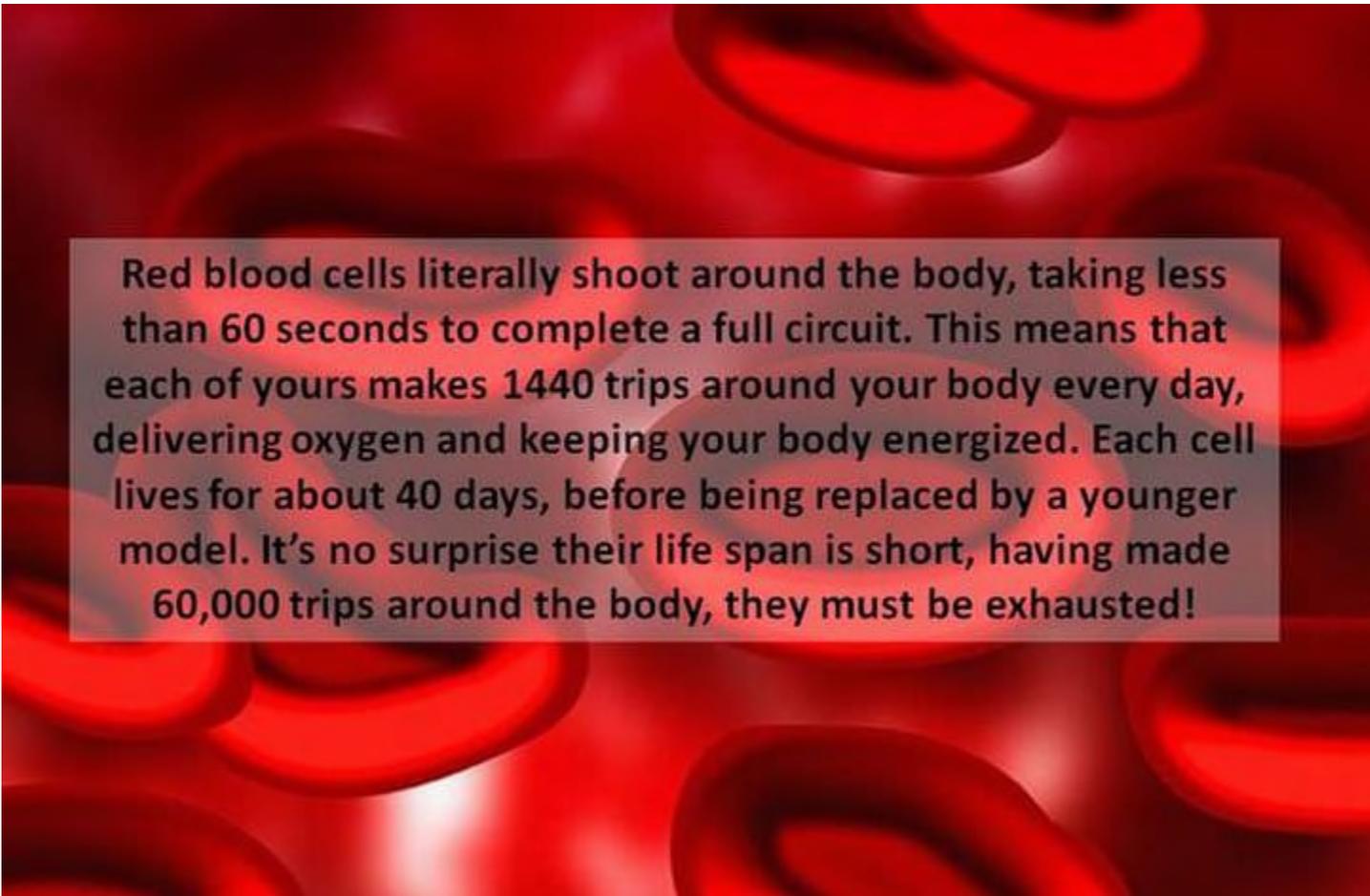
The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.



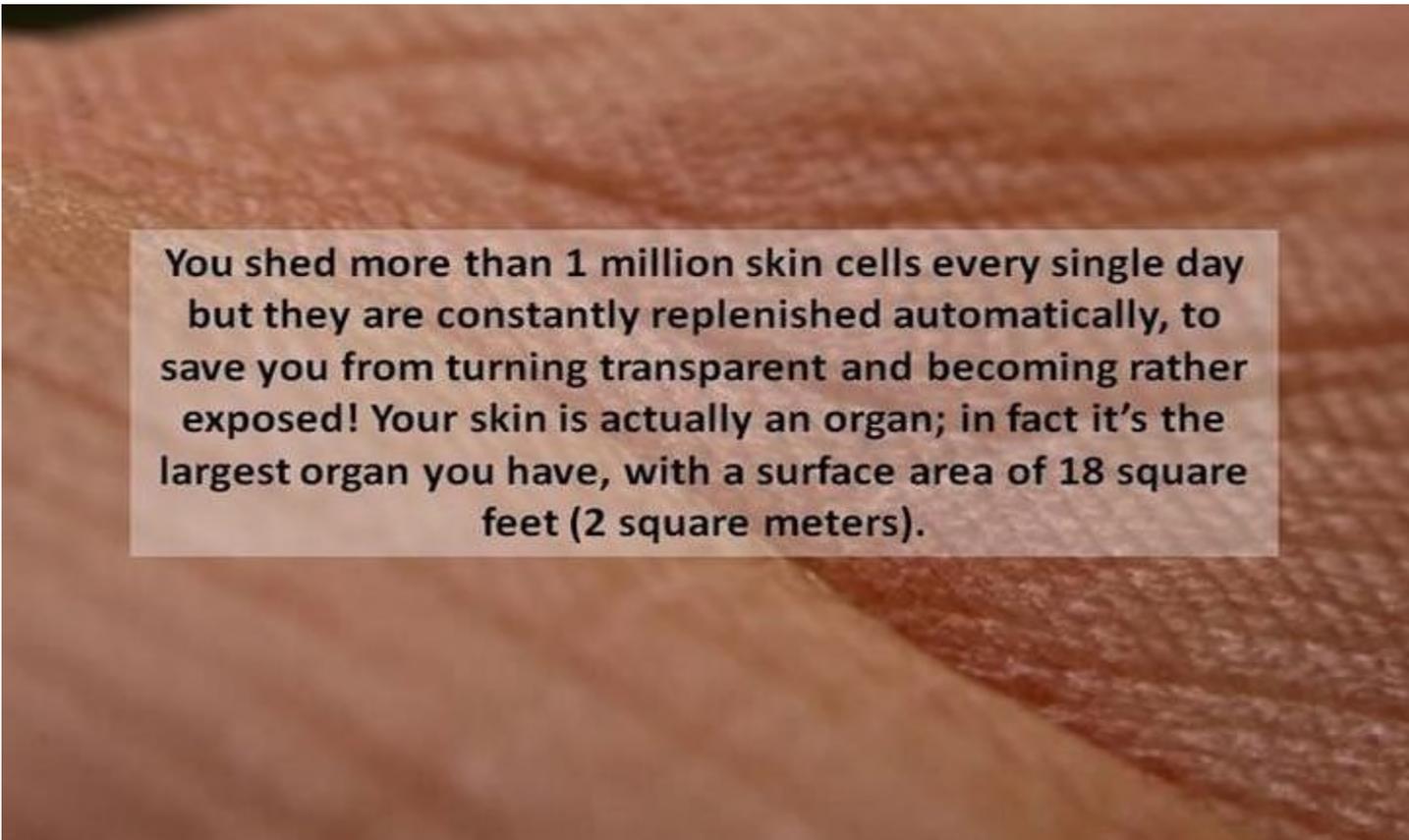
You blink about 28,800 times every day, with each one lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyes clean and moist, which is pretty crucial given that 90% of the information you process is visual, and you can weigh up any visual scene in just 0.01 seconds. Consider how many people and objects you look at every day – it's remarkable!



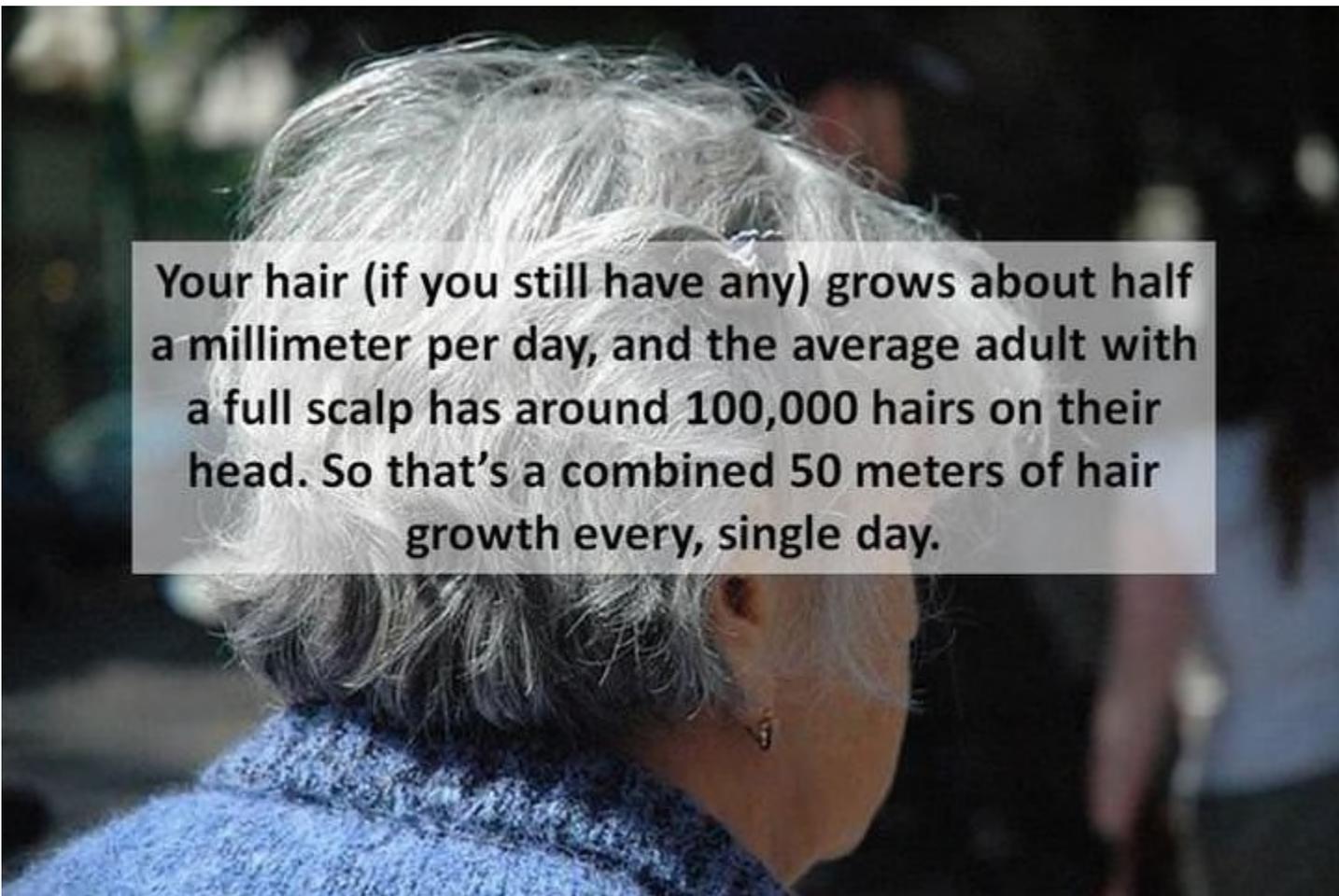
Most of the body's energy is expelled via heat. Your body produces the same heat as 25 light bulbs over the course of a single day.



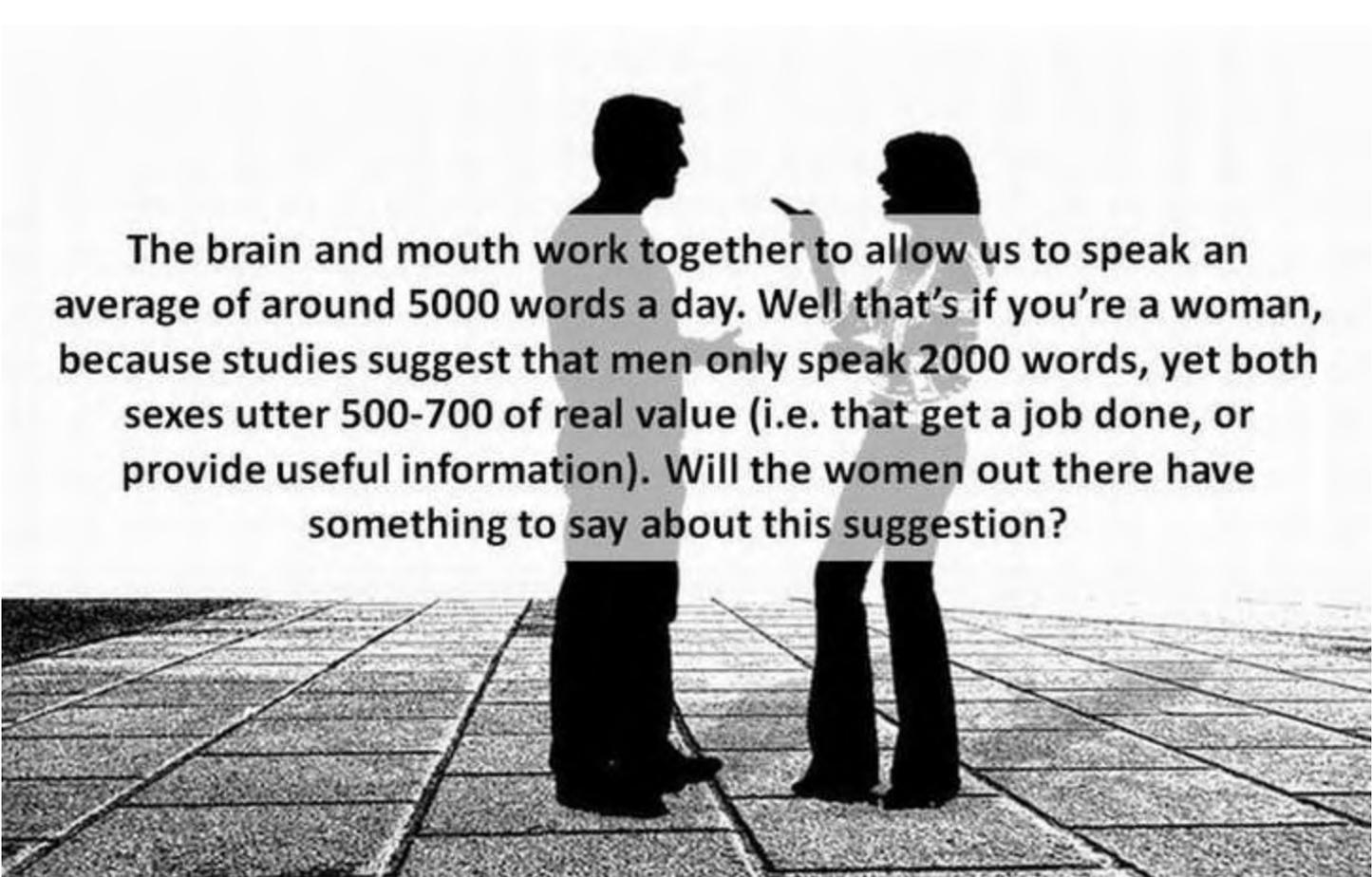
Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means that each of yours makes 1440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days, before being replaced by a younger model. It's no surprise their life span is short, having made 60,000 trips around the body, they must be exhausted!

A close-up photograph of human skin, showing the natural texture and color variations. The skin is a warm, reddish-brown hue with visible pores and fine lines.

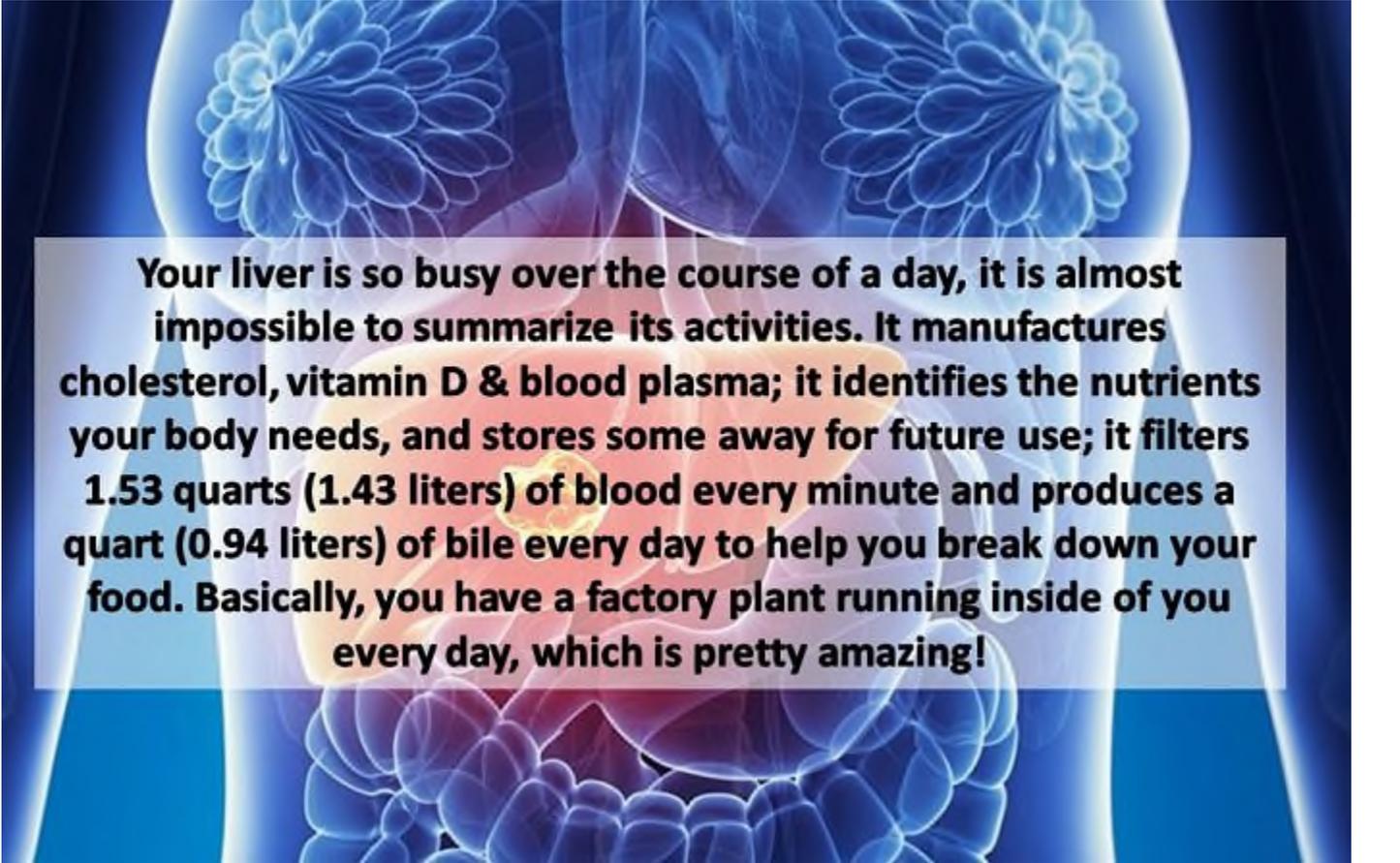
You shed more than 1 million skin cells every single day but they are constantly replenished automatically, to save you from turning transparent and becoming rather exposed! Your skin is actually an organ; in fact it's the largest organ you have, with a surface area of 18 square feet (2 square meters).

A photograph showing the back of a person's head with short, wavy white hair. The person is wearing a blue, textured sweater. The background is dark and out of focus.

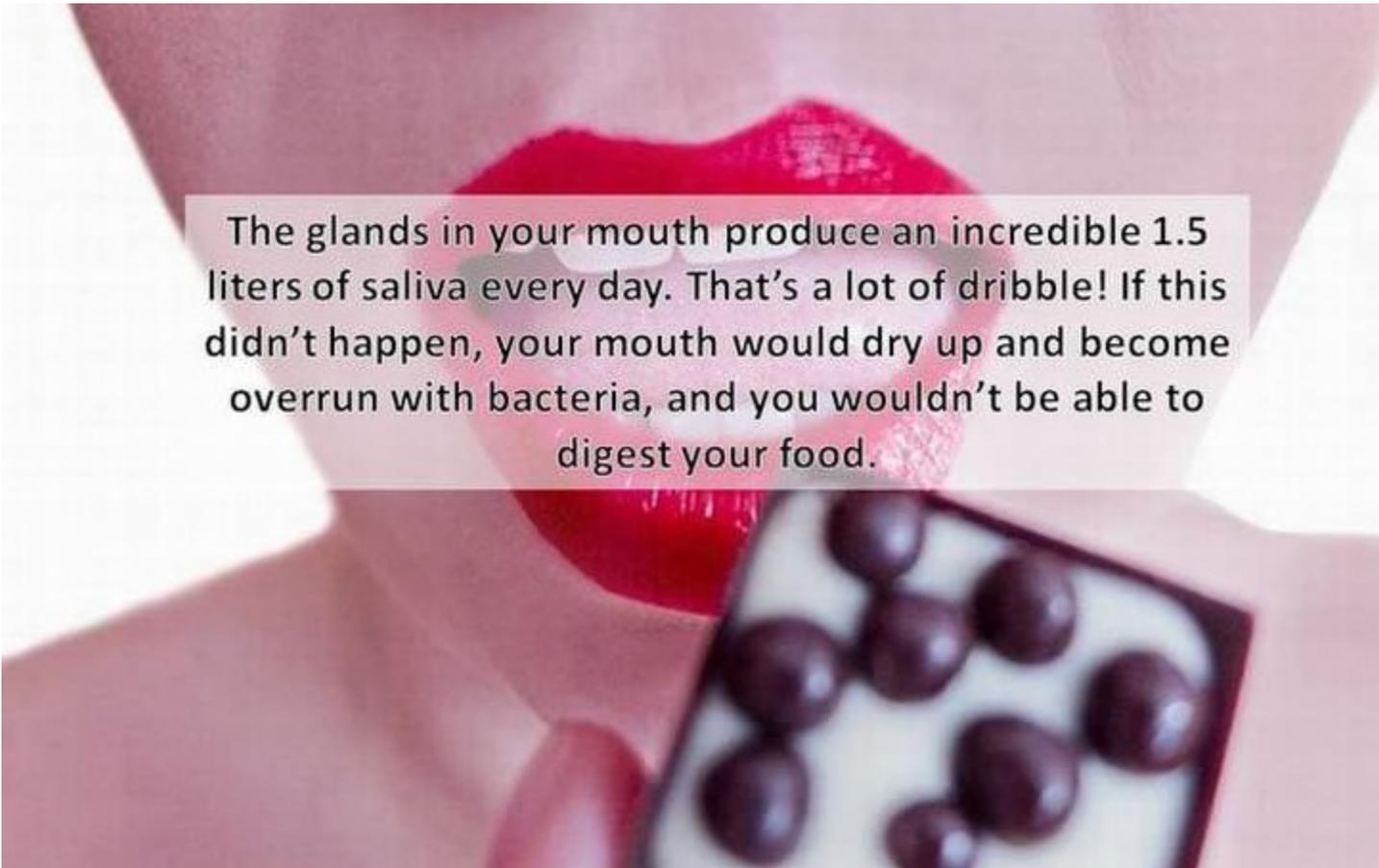
Your hair (if you still have any) grows about half a millimeter per day, and the average adult with a full scalp has around 100,000 hairs on their head. So that's a combined 50 meters of hair growth every, single day.



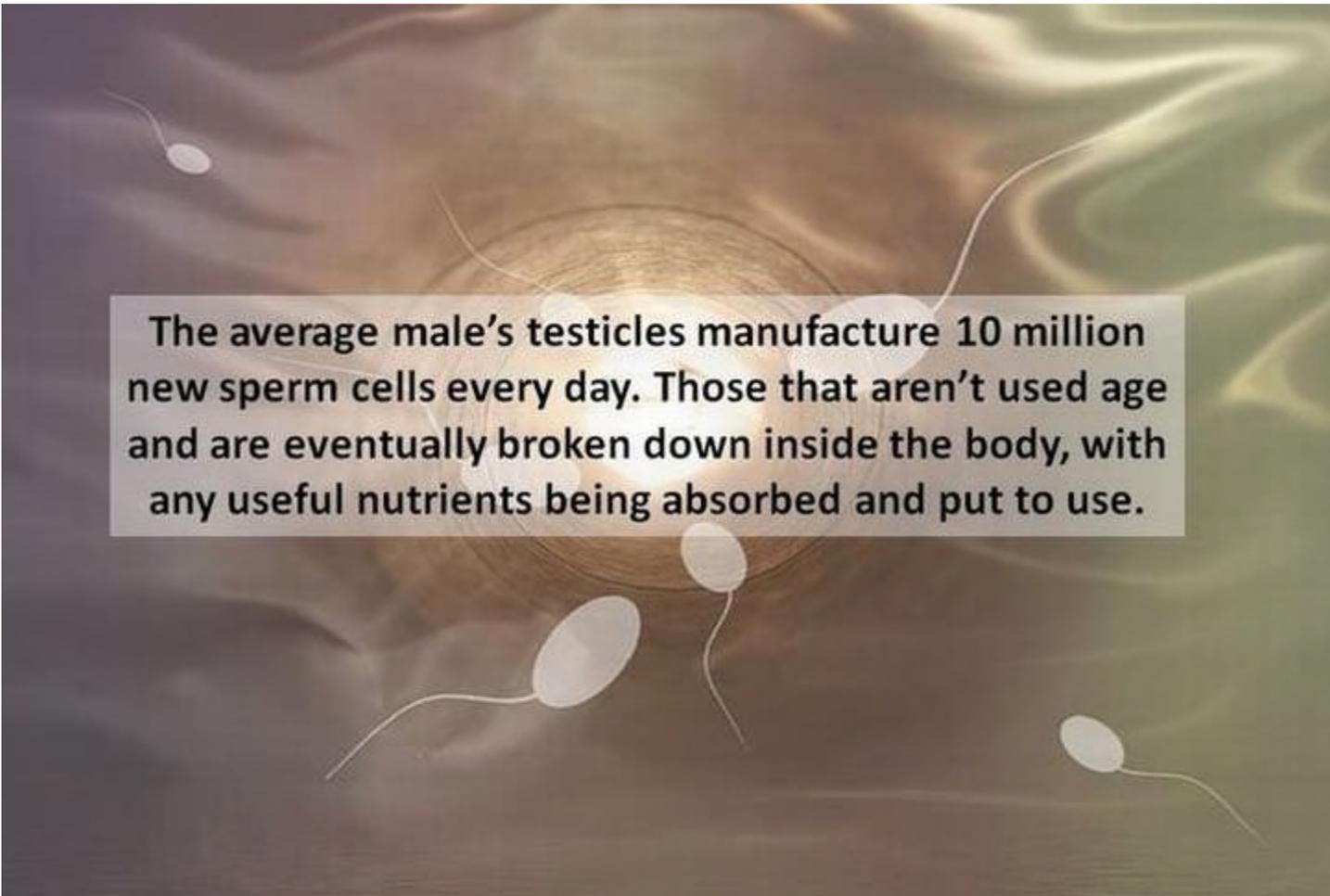
The brain and mouth work together to allow us to speak an average of around 5000 words a day. Well that's if you're a woman, because studies suggest that men only speak 2000 words, yet both sexes utter 500-700 of real value (i.e. that get a job done, or provide useful information). Will the women out there have something to say about this suggestion?



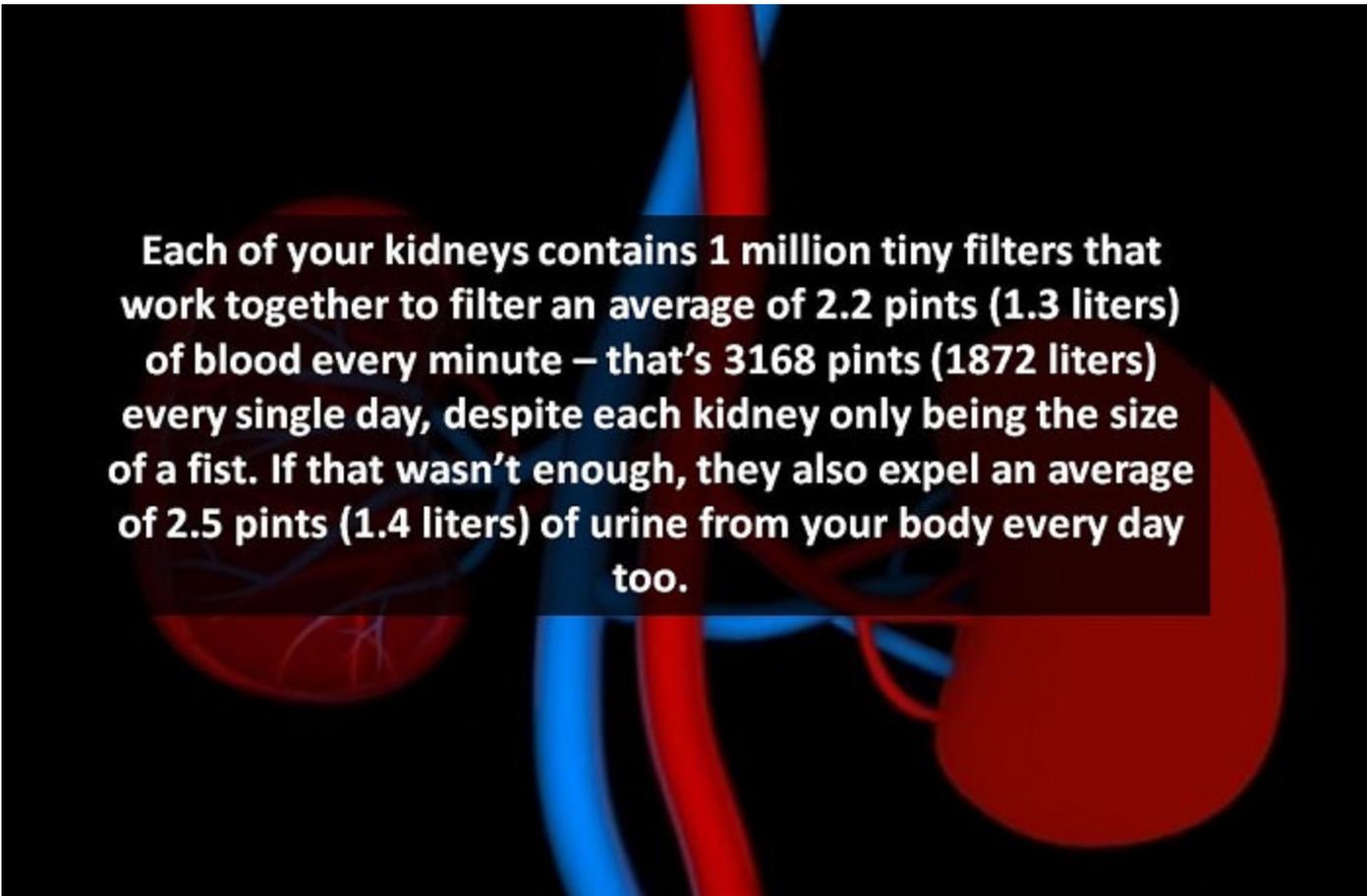
Your liver is so busy over the course of a day, it is almost impossible to summarize its activities. It manufactures cholesterol, vitamin D & blood plasma; it identifies the nutrients your body needs, and stores some away for future use; it filters 1.53 quarts (1.43 liters) of blood every minute and produces a quart (0.94 liters) of bile every day to help you break down your food. Basically, you have a factory plant running inside of you every day, which is pretty amazing!



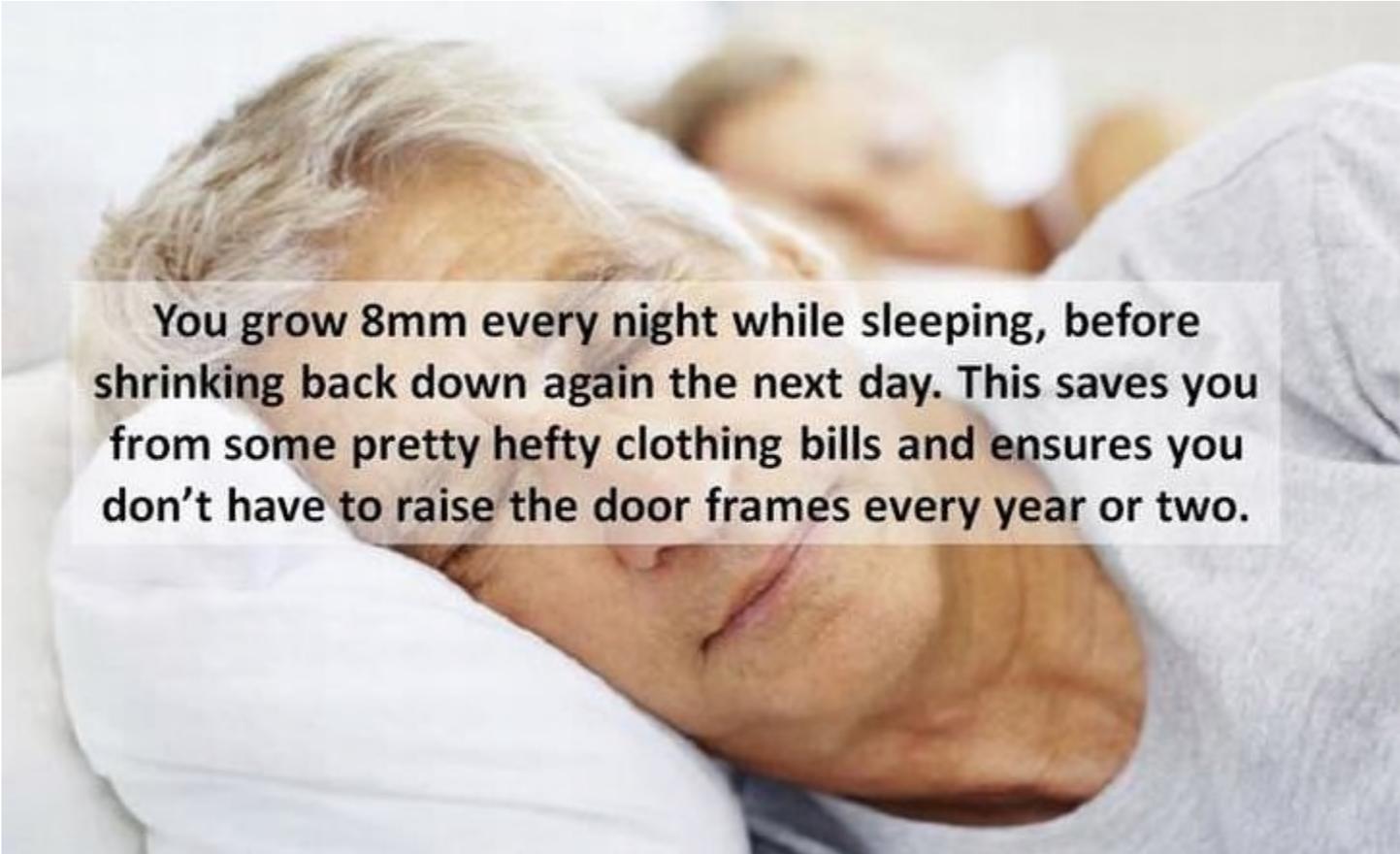
The glands in your mouth produce an incredible 1.5 liters of saliva every day. That's a lot of dribble! If this didn't happen, your mouth would dry up and become overrun with bacteria, and you wouldn't be able to digest your food.



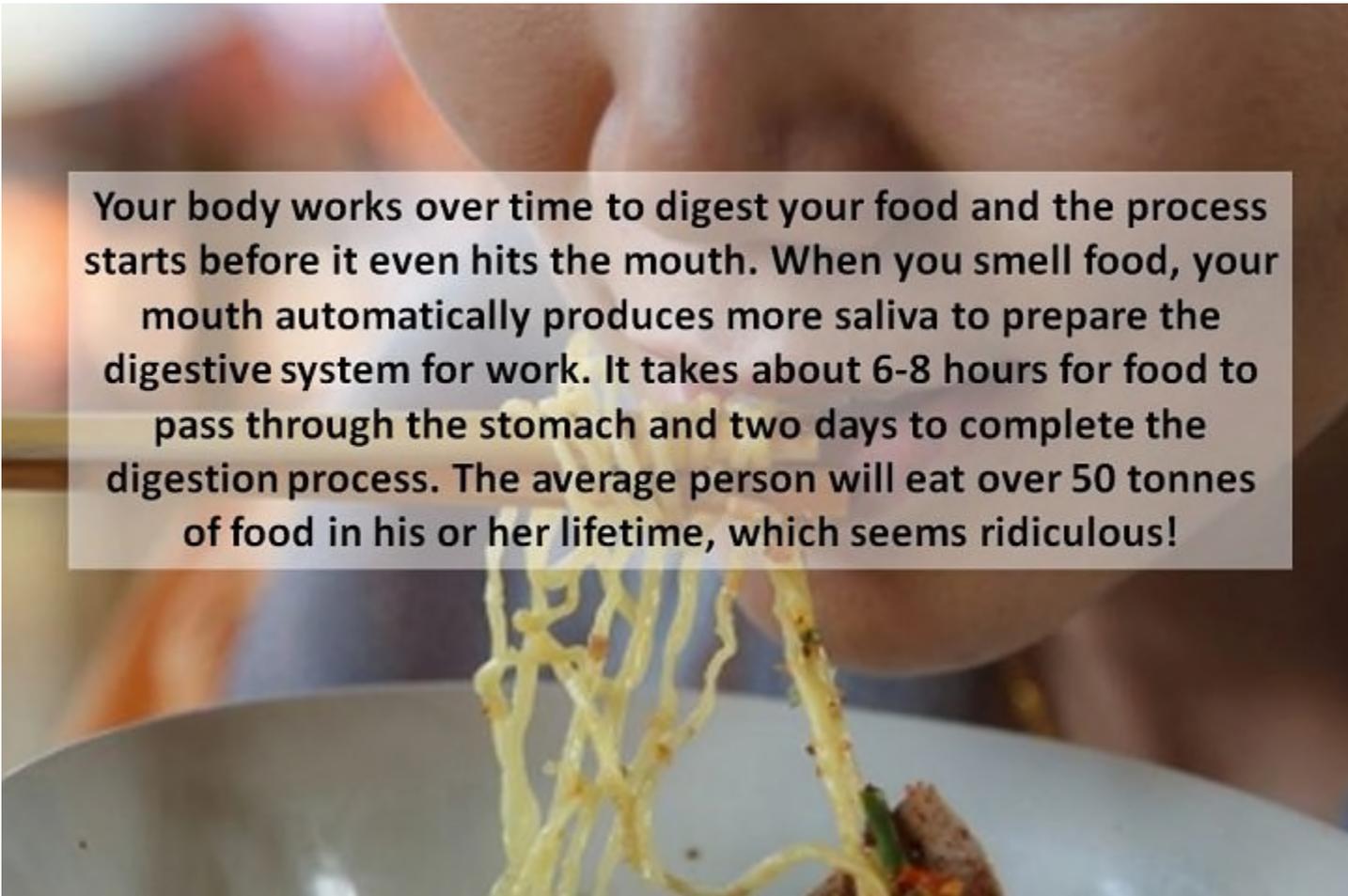
The average male's testicles manufacture 10 million new sperm cells every day. Those that aren't used age and are eventually broken down inside the body, with any useful nutrients being absorbed and put to use.



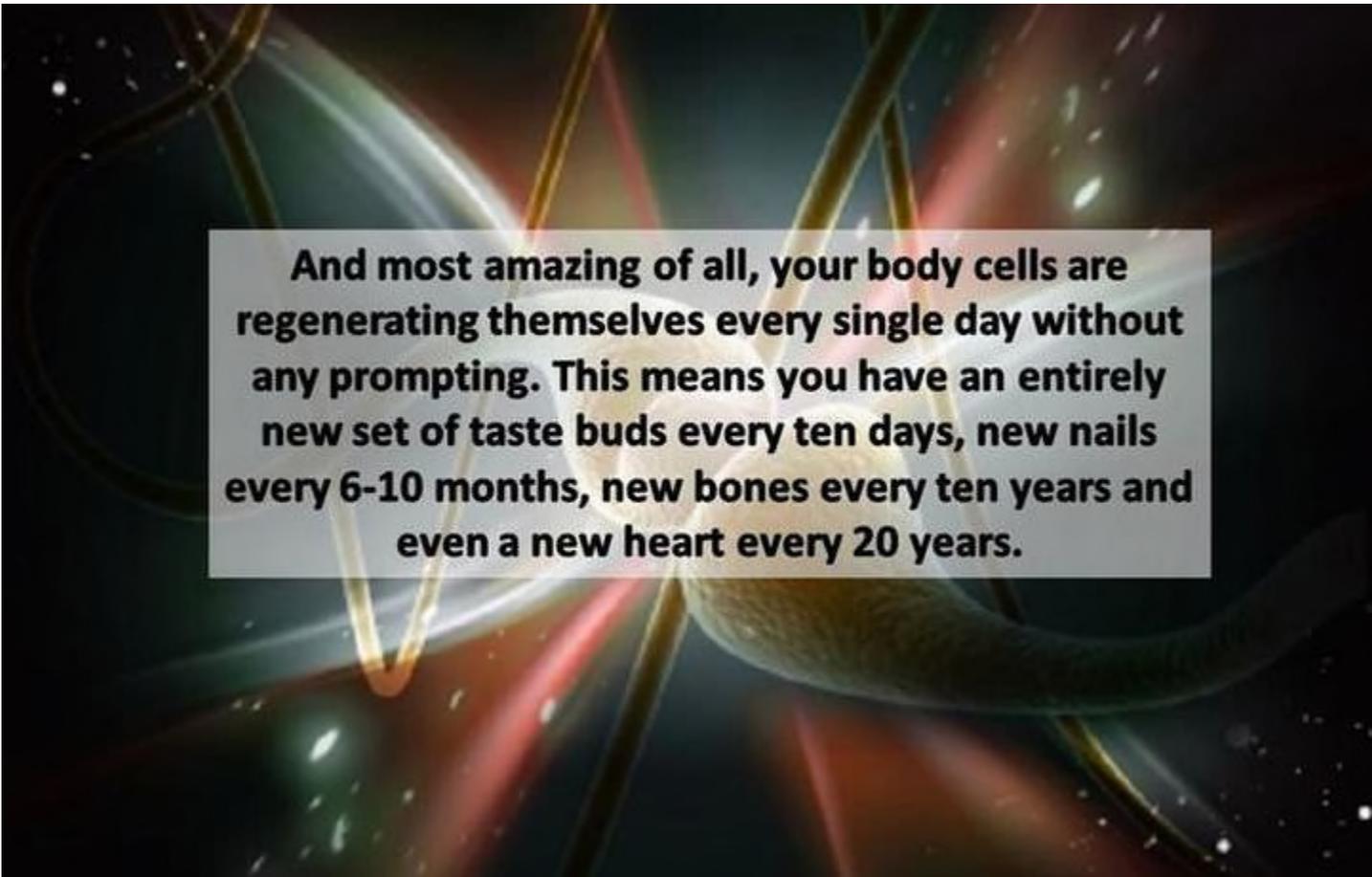
Each of your kidneys contains 1 million tiny filters that work together to filter an average of 2.2 pints (1.3 liters) of blood every minute – that’s 3168 pints (1872 liters) every single day, despite each kidney only being the size of a fist. If that wasn’t enough, they also expel an average of 2.5 pints (1.4 liters) of urine from your body every day too.



You grow 8mm every night while sleeping, before shrinking back down again the next day. This saves you from some pretty hefty clothing bills and ensures you don’t have to raise the door frames every year or two.

A close-up photograph of a person's hands holding a fork with spaghetti. The spaghetti is yellow and appears to be coated in a sauce. The background is blurred, showing what looks like a dining table and other people in a restaurant setting.

Your body works over time to digest your food and the process starts before it even hits the mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system for work. It takes about 6-8 hours for food to pass through the stomach and two days to complete the digestion process. The average person will eat over 50 tonnes of food in his or her lifetime, which seems ridiculous!

A close-up photograph of a hand holding a fork with spaghetti. The spaghetti is yellow and appears to be coated in a sauce. The background is dark and blurry, with some light streaks, possibly from a restaurant or a kitchen setting.

And most amazing of all, your body cells are regenerating themselves every single day without any prompting. This means you have an entirely new set of taste buds every ten days, new nails every 6-10 months, new bones every ten years and even a new heart every 20 years.

So next time you think that your body is starting to creak, just think about all the incredible things that are happening inside it every day, because all of us really are a miracle!



Live every precious day as if it is your LASTand enjoy it!

"Do not regret growing older. It is a privilege denied to many."