The human bodies are amazing. These fun facts will hopefully show you just how ....

- You are born with 300 bones, but by the time you are an adult you only have 206, with one fourth located in your feet.
- There are 60,000 miles of blood vessels in the body.
- A person can live without food for about a month, but only about a week without water. If the amount of water in your body is reduced by just 1%, you'll feel thirsty. If it's reduced by 10%, you'll die.
- Women have twice as many pain receptors on their body than men, but a much higher pain tolerance.
- Messages from the brain travel along nerves at up to 200 miles an hour.
- Our ears and nose never stop growing.
- In an adult, blood circulates about 12,000 miles a day. This is like traveling from east to west across the widest part of the Pacific Ocean.
- An adult's stomach can hold over two quarts of food. That's enough to fill four large or eight small drinking glasses.
- The fastest muscles are the ones that make the eyes blink. They can contract in less than one-hundredth of a second. In just one day, a person may blink their eyes over 11,500 times.
- For an adult, taking just one step uses up to 200 muscles.
- The brain contains 86 billion nerve cells joined by 100 trillion connections. This is more than the number of stars in the Milky Way.
- The liver is the largest internal organ and the only one that can regenerate itself. However, repeated damage to the liver can eventually injure and scar this amazing organ.
- The heart beats over 3 billion times during an average lifespan.
- The average person has about 5 pounds of bacteria in his or her digestive system.
- A human skeleton renews itself completely every 10 years.
- The fingernails grow faster than toenails, faster on the hand a person writes with and faster on longer fingers.
- Every hour, we shed about 600,000 particles of skin, or about 1.5 pounds every year. By the time a person is 70 years old, s/he will have lost about 105 pounds of skin.
- The lining in a person's stomach is replaced every 4 to 5 days to prevent it from digesting itself.
- An adult small intestine is about 18 to 23 feet long, which is about four times as long as an adult is tall.
- A person's feet has about 500,000 sweat glands and can produce about a pint of sweat a day.

Appreciating and taking care of our bodies is much easier when we learn more about them and how they function.