



# ALL ABOUT YOUR BRAIN

**The brain is the most complex part of the human body. It is the seat of intelligence, interpreter of the senses, initiator of body movement, and controller of behaviour. The human brain is the command centre for the human nervous system. It receives input from the sensory organs and sends output to the muscles.**

**The human brain has the same basic structure as other mammal brains but is larger in relation to your body size than other mammals.**

**The left side of the brain** is responsible for number skills, maths and scientific skills, written and spoken language, objectivity, analysis and logic or reasoning.

**The right side of the brain** is more creative and controls your perception of 3D shapes, music and art awareness, intuition, creativity and imagination, subjectivity and emotion.



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# INTERESTING FACTS ABOUT YOUR BRAIN

- The brain is more active at night than during the day.
- About 75% of your brain is water. Dehydration can have a negative effect on the brain functions.
- Nerve impulses to and from the brain can travel as fast as 119 meter per second.
- The brain of a human contains approximately one hundred billion neurons.
- Headaches are caused by a chemical reaction in your brain combined with the muscles and nerves of your neck and head.
- The brain chemical which makes you feel love is oxytocin.
- While awake, your brain generates enough energy to power a light bulb.
- Your brain uses 2% of the oxygen that enters your bloodstream.
- Your brain receives about 30% of the blood being pumped by your heart.
- Your brain weights about 1.5 kilogrammes.
- The brain itself can't feel pain. It interprets pain signals sent to it, but it does not feel pain.



**Your brain is mostly fat.** Your brain is the fattiest organ in your body, consisting of a minimum of 60% fat. This is why a diet rich in healthy fats, such as omega-3s, is vital for brain and overall body health.



**The human brain will grow three times its size in the first year of life.** It continues to grow until you're about 18 years old but your brain isn't fully developed until the age of 25.



**Dreams are believed to be a combination of imagination, psychological factors and neurological factors.** They prove that your brain is working even when you are sleeping.

# TIPS FOR A HEALTHY BRAIN



## Follow these tips to keep your brain in good health and to reduce your risk of certain brain conditions:

### Use it or lose it

Improve your mental fitness by regularly reading, learning, or doing activities that make you think, such as crossword puzzles. All of these help stimulate your nerve cells, and may even lead to the development of new brain cells.

### Protect your head

Always wear a helmet when playing contact sports or moving on an unprotected vehicle. Be sure to buckle up when you get in the car and wear a helmet on a bicycle or motorcycle. Both of these can go a long way when it comes to avoiding brain injuries.

### Exercise

Doing regular cardio workouts stimulates blood flow throughout your body, including your brain.

### Quit smoking

While smoking is bad for your overall health, it can cause strokes and can also lead to cognitive decline.

### Quit sugar

Excess sugar can have all sorts of negative impacts on our body, and the brain is no exception. Studies show that too much sugar can damage your memory and learning skills.

### Try to check in from time to time with your thoughts and feelings

Keeping a diary is a good way to get into this habit. Look for any though patterns or emotions that seem to be impacting your day-to-day life. They could be a sign of an underlying, treatable psychological condition.

Sources: [melomed.co.za](http://melomed.co.za)/[melomag](http://melomag), [livescience.com](http://livescience.com), [brainfacts.org](http://brainfacts.org), [healthline.com](http://healthline.com), [freepik.com](http://freepik.com)



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