

15 INTERESTING FACTS ABOUT THE HUMAN BODY



YOUR BONES

You're born with 200 bones. But as you age and grow taller, your bones fuse, leaving you with 206 total.¹



YOUR STRONGEST MUSCLE

Your jaw muscle is the strongest muscle in your body. The jaw's hinge-like features create more power as you bite down and clench your teeth.²



YOUR BODY GLOWS

Your body produces a glimmer of light caused by bioluminescence. It's, however, invisible to the naked eye.³

YOUR SPIT

In an average lifetime, you'll produce around 21,000 liters of spit. That's enough saliva to fill at least one small swimming pool.⁴



YOUR LIVER

Your liver is the only organ that can completely regenerate itself. It can grow back to its original size within a few weeks.⁵



YOUR SMALLEST BONES

The smallest bones in your body are in your ear. They're so small that they could all fit on a penny, and you wouldn't be able to hear anything without them.⁶

YOUR EAR

Your ear is self-cleaning because of one thing: ear wax. It keeps your ears tidy and protects you from bacteria.⁷

YOUR EYES

Your eyes are powerful. They can detect light from a candle flame over 1.7 miles away.⁸



YOUR NOSE

Your sense of smell is closely linked with your memories and can trigger strong emotions and memories almost instantaneously.⁹ Women tend to have a stronger sense of smell than men.¹⁰



YOUR TONGUE

Forget fingerprints: Your tongue print is unique to you, making it difficult to forge.¹¹



YOUR SNEEZING

Scientists have recently discovered sneezing might be your nose's way of rebooting itself to get rid of any bad particles that have been inhaled.¹²



YOUR BLOOD VESSELS

There are over 100,000 miles of blood vessels inside your body.¹³



YOUR STOMACH

The acid in your stomach is so strong that it could dissolve metal.¹⁴



YOUR PINKY FINGER

Without your pinky finger, you would lose about 50% of your hand strength.¹⁵



YOUR BODY

Your body sheds about eight pounds of dead skin a year. Most of those cells settle as the dust in your home.¹⁶



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2. American Dental Association, "Jaw Muscles," <https://www.adahq.org/health-topics/jaw-muscles/>.
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