

# 10! Amazing Body of Facts



The human body never ceases to amaze. Did you know that the 300,000 million capillaries in your lungs, laid end to end, will cover the distance between Delhi and Chennai. Here are some more of such mind-blowing facts...



**500g Fat=11km Blood Vessels**

**When you gain 500gm of fat, your body makes 11km of blood vessels.**

This means your body must work harder to pump blood through all of these extra new vessels, straining your heart. Fortunately, if you lose 500gm, your body will break down and re-absorb the unnecessary vessels.



**2** It is hard to grasp just how small the atoms that make up your body are until you look at their sheer number:

**AN ADULT IS MADE UP OF AROUND 7,000,000,000,000,000,000,000,000 (7 OCTILLION) ATOMS.** (1 Octillion= 1000 trillion trillion)

**Largest Molecule? CHROMOSOME 1**

It contains around

**10 BILLION ATOMS**



A normal human cell has 23 pairs of chromosomes in its nucleus, each a single, very long, molecule of DNA. Chromosome 1 is the biggest to pack in the amount of information that is encoded in the molecule.

**4** Our digestive acids are strong enough to dissolve zinc.



But cells in the stomach lining renew so quickly that the acids don't have time to dissolve it.

**5** THE FOCUSING MUSCLES OF THE EYES MOVE AROUND

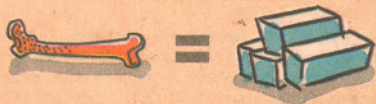
**100,000 TIMES A DAY**

To give your leg muscles the same workout, you would need to walk **80km every day.**

**6** Human bone is as strong as granite in supporting weight.

**8.6 TONNES**  
That's how much one cubic inch of bone can support

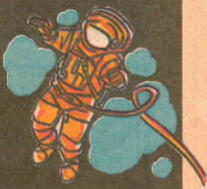
That is four times as much as concrete can support



In movies, a human body explodes if it is pushed into space without a suit.

**But it's mostly fiction.**

Although liquids do boil in a vacuum, your blood is kept under pressure by your circulatory system and would be just fine. **It is lack of air that will kill you.**



**7** The skin is the largest organ in the body. In an adult person, it covers about

**20 sq ft**  
It constantly flakes away; **each person sheds around 18kg in a lifetime.**

**8** **10 MILLION**

That's how many new sperm cells a man's testicles manufacture each day - enough to repopulate the entire planet in only 6 months!

**10** You are sleep deprived if you fall asleep within 5 minutes of hitting the sack. **The ideal is between 10 and 15 minutes,** meaning you're still tired enough to sleep deeply, but not so exhausted you feel sleepy during the day.

