

18 interesting facts about the human body that make you say 'miraculous'

Check out the 18 interesting facts about the human body that make you wonder how to say it below, ensuring you will be extremely surprised to see!

1. 12 interesting facts about food that everyone should know
2. 19 familiar phenomenon that everyone sees but "lazy to ask Google doctor" why
3. 11 misconceptions about the most common human body that billions still believe

Our bodies are the perfect machine, performing thousands of activities every minute. And do you believe it, right at the moment you're reading this article, so many strange things are happening in your body that you don't know?

Check out the **18 interesting facts about the human body that make you say "miraculous"** below, ensuring you will be extremely surprised to see!



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1. **Infants without knees must be formed until about 3 years of age** . In the early part, this section only consisted of soft tissue and cartilage. These cartilage will strengthen the bone wall when the child is 3 years old. According to the scientists, the benefits of having more of these cartilage when children are small help children have better toughness. In addition, when practicing walking or falling, not having a knee will help children feel less pain when they hit their knees on the floor. Because, the soft cartilage has greatly reduced the impact force.
2. **The cornea is the only part of the body that does not bleed even if injured** . The reason is because the cornea is a thin, transparent membrane outside the eyeball, in front of the iris. They do not receive oxygen

from the blood but receive it directly from the air, but instead the cornea receives nutrients from the tear ducts in the front and the fluid from the back.

3. **You will not be able to laugh if you tickle yourself** . The cerebellum sends signals that ignore stimulation of other parts of the brain when you do so.
4. **The human brain uses 20% oxygen and 50% glucose enters the body** - accounting for 20% of total energy. By the way, the famous theory states that we only use 10% of the brain as a myth. In fact, we use all the parts in the brain and they are always active.
5. **The blinding phenomenon when being illuminated is quite common** . It is because our eyes cannot see the bright, bright lights directly. These are normal reflections to light but can also be caused by abnormal or pathological phenomena.



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1. **We do not breathe with both nostrils at the same time, only breathing with one nostril at a time** . More precisely, scientists pointed out that, every 4 hours, people change their nostrils to breathe (*from right to left, left to right*). If you are breathing with your left nose, your blood sugar will increase and force your body to use more oxygen. Breathing through the right nose will stimulate increased activity in the left brain and vice versa.
2. **25% of our muscles are concentrated in the neck and face** . The facial muscles control facial expressions. They come from the surface of the skull, below the skin on the face. When muscles contract, the skin will move. Thanks to the number of facial and neck muscles, our facial expressions are very rich and flexible.
3. **Hair of red-haired women is used to create a hygrometer (air humidity meter)** .



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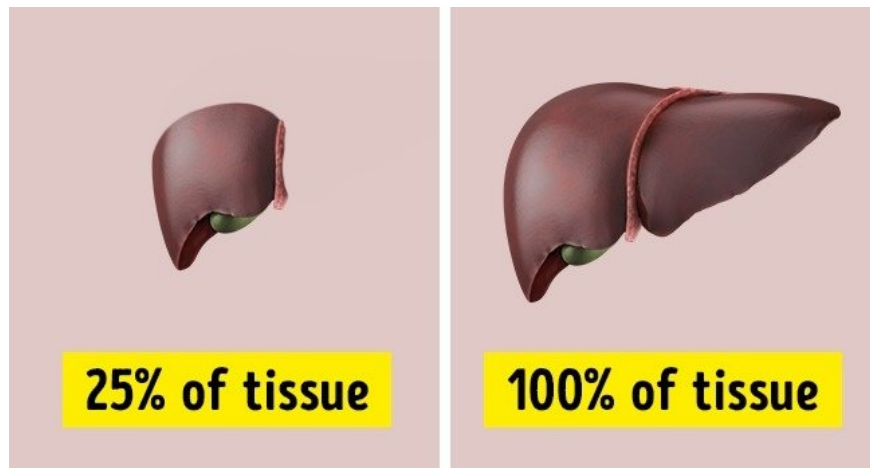
1. When you are too scared, it seems your eyes will "round up". According to experts, at this time, the brain will direct the visual part to increase "coverage", thereby estimating the surrounding environment better.
2. **Our brains can provide enough energy to brighten the light bulb.**
3. Although many people believe that **color blindness** is a sex-related condition and only men are affected, in fact it shows that 0.4% of women suffer and 8% of men appear to be in love. this condition. However, the gene for color blindness is inherited only from mothers.
4. **To take a step forward, the human body needs to use more than 200 muscles to do so .** This number may vary depending on individual characteristics.
5. **Human skin regenerates every 28 days .** In life, each person often "removes" about 40kg of leather.



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1. **The number of bones of adults is less than that of babies .** A newborn baby owns 270 bones. But during development, some bones merge together, so when you reach adulthood, the remaining bones are only about 206 bones.
2. **The life cycle of a human hair is from 2 to 5 years .** However, some may live up to 7 years.

3. In a year, the human heart can pump enough blood to fill an Olympic pool (*more than 2.5 million liters*) and perform 38.5 million contractions.
4. The liver is a " *superhuman* " part of the body, one of the body's organs capable of restoring its original size, even **recovering 75% of its tissue after it is lost** .



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These are just a few examples of the amazing abilities of the human body. And while you spend 2 minutes reading this article, you've blinked about 40 times!

Most of us **blink naturally** without realizing it. Sometimes it is like a reflex to external stimuli, for example, sudden insects appear before your eyes or blink naturally to make your eyes clear or when your eyes feel tired.

Infants often blink 1 - 2 times per minute while adults blink from 14-17 times / minute . The blinking speed can change in context, when you are watching TV, reading a book, you will blink less.

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