

# Unbelievably incredible abilities of people

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The human body is the most perfect "apparatus" that contains many amazing mysteries. Besides, people also possess extraordinary abilities such as " *superheroes* " that many people can't help but startle.

Let's explore some incredible incredible abilities of people.

## Can humans not sleep?



The answer is more than 11 days. In 2007, **Tony Wright** from England established a continuous record of 266 hours, ie more than 11 days. Tony Wright eats carrots, bananas, avocados, cashews and pineapples to keep his eyes open. This is one of the amazing abilities of humans.

## How long do people hold their breath in the water?



22 minutes is the longest time people can hold their breath. This record was established by **Stig Severinsen** from Denmark in 2012. This is indeed very hard to believe because ordinary people can only hold their breath for a few minutes. Is this the highest limit that people can tolerate?

## **How long can people not eat or drink?**



Normally, humans can fast for 3 weeks, but can only fast for 3 days. But it is phenomenal to stop eating and drinking for 18 days and still survive. In 1979, Andreas Mihavecz survived 18 days without eating or drinking in a prison cell. Mihavecz takes several weeks to recover after being discovered.

## **How long can astronauts work in space?**



Astronauts who live long in space face many health problems such as long spine, muscle slack, facial edema, osteoporosis, weakened immune system . That's why the time time astronauts living in the universe only lasts about 6 months. But **Valeri Polyakov** has set the record for the longest cosmopolitan time with 437.7 days on the Russian spacecraft Mir.

## **Do not expose to sunlight, do not eat or drink**



In 2004, a 50-year-old Czech priest **Zdenek Zahradka** survived 10 days and nights without eating and drinking in a wooden coffin buried in the ground.

## **Elastic skin**



**Garry Turner** from the UK has the most stretchy skin in the world with a record that can stretch abdominal skin up to 15.8 cm. Garry Turner is disordered with connective tissues affecting the skin due to a rare disease **Ehlers Danlos** .

## Extraordinary health



**John Evans** is 70 years old, even though he has diabetes, he can put a car weighing 160kg in 33 seconds, astonishing many people.

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