

1. Your fingernails grow four times as fast as your toenails.
2. Babies are born with 300 bones adults have 206.
3. Eyelashes last about 150 days.
4. The heart circulates your blood through your body about 1,000 times each day.
5. You make about half a quart (500 ml) of spit each day.
6. The smallest bone in your body is in your ears.
7. Your blood has the same amount of salt in it as the ocean does.
8. A sneeze blows air out of your nose at 100 miles per hour.
9. You are taller in the morning than you are at night.
10. Humans are the only animals that cry when upset.
11. Many more boys are color blind than girls are.
12. Children have more taste buds than adults.
13. Your lungs are the only organs in your body that float.
14. Food spends up to 6 hours in the stomach being digested.
15. Your eyeballs are actually part of your brain.
16. Bones are 4 times stronger than concrete.
17. The largest muscle in your body is the one you are sitting on!
18. In one day, a human sheds 10 billion skin flakes. This amounts to approximately two kilograms in a year.
19. People whose mouth has a narrow roof are more likely to snore. This is because they have less oxygen going through their nose.
20. While sleeping, one man in eight snores, and one in ten grinds his teeth.
21. It takes food seven seconds to go from the mouth to the stomach via the esophagus.
22. Every square inch of the human body has about 19,000,000 skin cells.
23. Approximately 25% of all scald burns to children are from hot tap water and is associated with more deaths than with any other liquid.
24. Forty one percent of women apply body and hand moisturizer at least three times a day.
25. Every hour one billion cells in the body must be replaced.
26. The small intestine in the human body is about 2 inches around, and 22 feet long.
27. The human body makes anywhere from 1 to 3 pints of saliva every 24 hours.
28. The human body has approximately 37,000 miles of capillaries.
29. The aorta, which is largest artery located in the body, is about the diameter of a garden hose.
30. Close to fifty percent of the bacteria in the mouth lives on the surface of our tongue.
31. There are approximately 9,000 taste buds on the tongue.
32. The adult human body requires about 88 pounds of oxygen daily.
33. It is very common for babies in New Zealand to sleep on sheepskins. This is to help them gain weight faster, and retain their body heat.
34. An average woman has 17 square feet of skin. When a woman is in her ninth month of pregnancy she has 18.5 square feet of skin.
35. The width of your arm span stretched out is the length of your whole body.
36. 41% of women apply body or hand moisturizer a minimum three times a day.
37. A human's small intestine is 6 meters long.
38. There are as many hairs per square inch on your body as a chimpanzee. You don't see all of them because most are too fine and light to be noticed.
39. Every hour one billion cells in the body must be replaced.
40. Dead cells in the body ultimately go to the kidneys for excretion.
41. By walking an extra 20 minutes every day, an average person will burn off seven pounds of body fat in a year.

42. The human body is 75% water.
43. You lose everyday around 50 to 100 hairs from your head, which are replaced the same day.
44. An average human has 100,000 hairs on the head.
45. The air from a sneeze can reach the speed of 100 mph; from a cough 60 mph.
46. An average person drinks around 16,000 gallons of water in his lifetime.
47. A nail takes around 6 months to grow from base to the most tip.
48. Around 45 miles of nerves run through our body. The electric impulses travel at a speed of almost 250 mph!
49. Babies have 94 bones more than an adult, in total 300.
50. An average human blinks 25 times a minute, that's over 6.205.000 times a year!
51. By the age of 70 your heart has beat 2.5 billion times and pumped around 48.000.000 gallons of blood.
52. In a tiny drop of blood there are 5 million red blood cells, 10.000 white cells and 300.000 platelets
53. A square of human skin contains 20 feet of blood vessels, 1300 nerve cells, 100 sweat glands and 3 million cells.
54. The average human body contains enough: Sulphur to kill all fleas on an average dog, Carbon to make 900 pencils, Potassium to fire: a toy cannon, Fat to make 7 bars of soap, Phosphorus to make: 2,200 matchheads, and enough Water to fill a ten gallon tank.
55. The microorganisms in and on your body make up 10% of your bodyweight (dried, without water).
56. You produce a quart of saliva daily, 10.000 gallons in a lifetime.
57. A square of human skin has 32 million bacterias on it!
58. Each second 10.000.000 of cells die and are replaced in your body.
59. You create a new skin every month and a new skeleton every 3 months!
60. Ears and nose don't stop keep growing during the whole life!
61. The liver is the body's chemical factory. It has over 500 functions!
62. You lose 600.000 particles of skin every hour that make up 1.5 pounds a year!
63. You spend one third of your lifetime sleeping. 20 Years in an average lifetime!
64. In a lifetime, an average man will shave 20,000 times.
65. Hair will fall out faster on a person that is on a crash diet.