

# **THE SNORBAN BOOK OF SLIMMING FACTS**

**By**

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**SnorBan Health Improvement Series**

## **Body Surprises!**

Your stomach grows a new lining every 5 days.

Your body creates a new skin every month. This weighs 6 pounds.

In three months time every bone in your body will be fundamentally different from now. New bone cells would have replaced every bone cell that you currently have.

Your body responds to your emotional states and conscious and even to unconscious thoughts

To live in a healthy state your body must think, eat, sleep, eliminate and breathe efficiently. If you can master these laws and principals you're more than half way to being healthy.

Your body contains 60,000 miles of blood vessels.

It takes about 20 seconds for a red blood cell to circle the body.

The strongest muscle in the body is the TONGUE.

Your heart creates enough pressure while pumping to squirt blood 30 feet.

The brain of an average adult male weighs 1,375 gm (55 oz). The brain of the Russian novelist Turgenev weighed 2021 gm (81 oz), Einstein's brain was of average size.

Your fingernail has the same ingredients as does fly poop.

The longest hiccups on record were by an American pig farmer whose hiccups persisted from 1922 to 1987.

The majority of American models are skinnier than 98% of American women.

Studies have shown that the scent of the herb Rosemary can help achieve better mental performance and make individuals feel more alert.

The amazing computational power of your brain only requires about 10 watts of power to operate.

Your nose remembers 50,000 scents.

On a pound for pound basis, babies are stronger than oxen.