

10 MIND-BLOWING FACTS

- 1. Your brain is capable of having more ideas than the number of atoms in the known universe**
- 2. Although the brain amounts to only about 2% of the body's weight, it consumes 25% of the body's oxygen intake**
- 3. REM sleep locks memories into long-term encoding**
- 4. Many food types sharpen your brain, enhancing mood and motivation as well as mental performance**
- 5. Water is the transport system that delivers nutrients to the brain. The human brain is approximately 75% water**
- 6. The Alpha State is the optimal state for learning**
- 7. Studies have shown that the more we use both sides of our brain, then the more effective our overall brain performance becomes**
- 8. You must learn information five times to embed it into your long-term memory**
- 9. Your brain remembers what interests you and forgets 90% of what bores you**
- 10. All of your "thinking" is done by electricity and chemicals**