

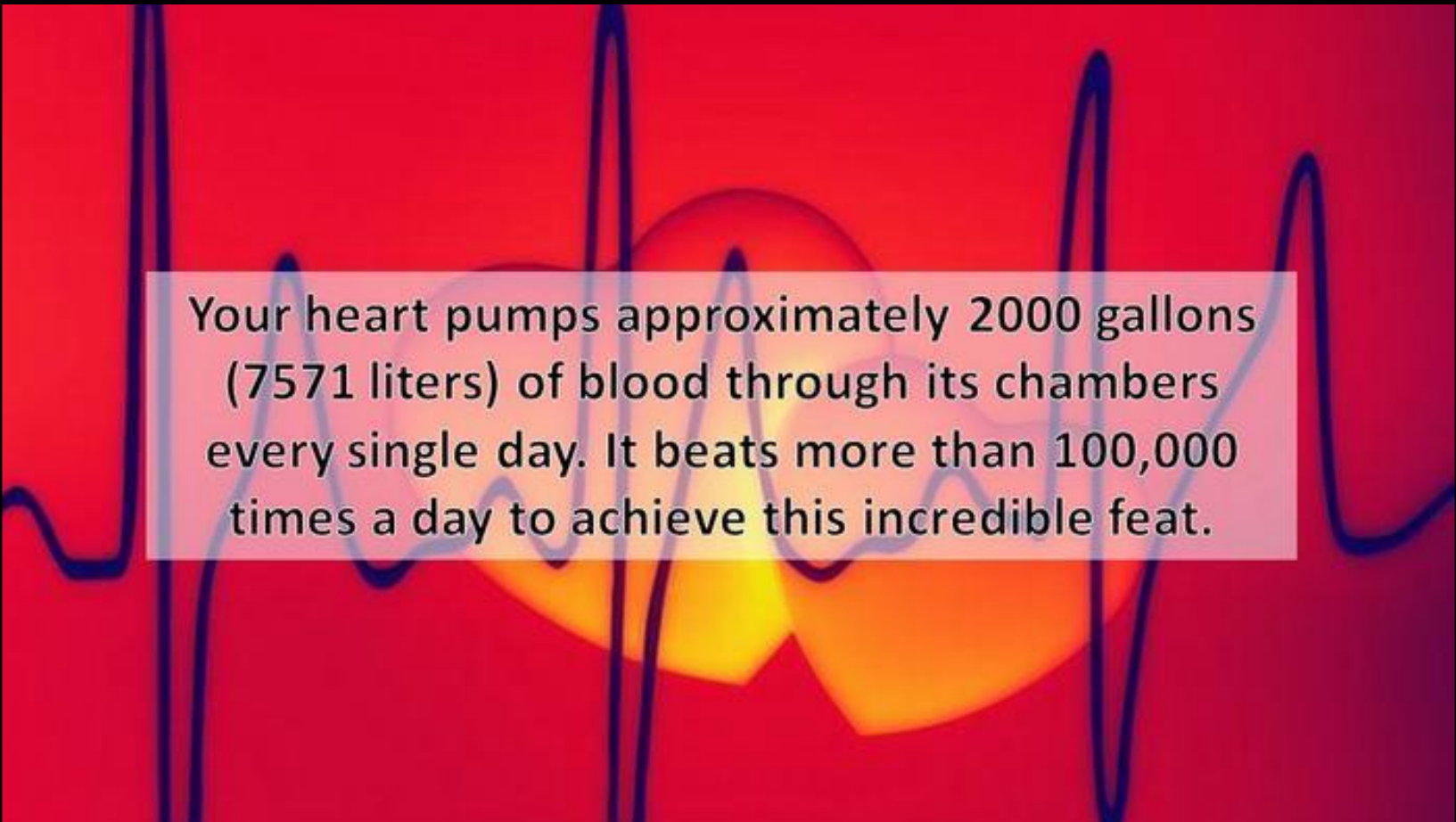
No Wonder I'm Always Tired

What Your Body Does in a Day

An **OWLWorks** Project
Presented by Michele Jackman

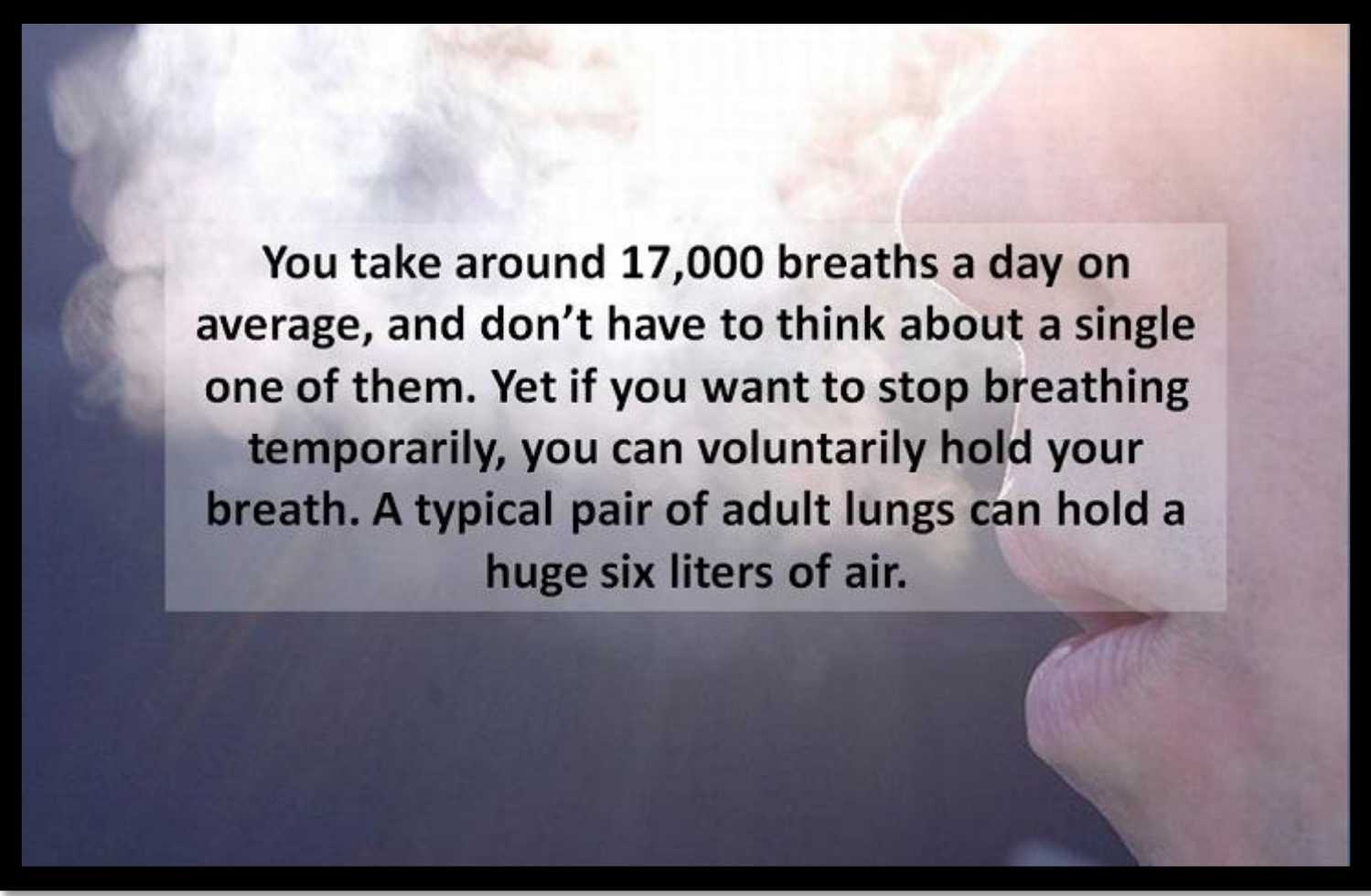


What Your Body Does in a Day



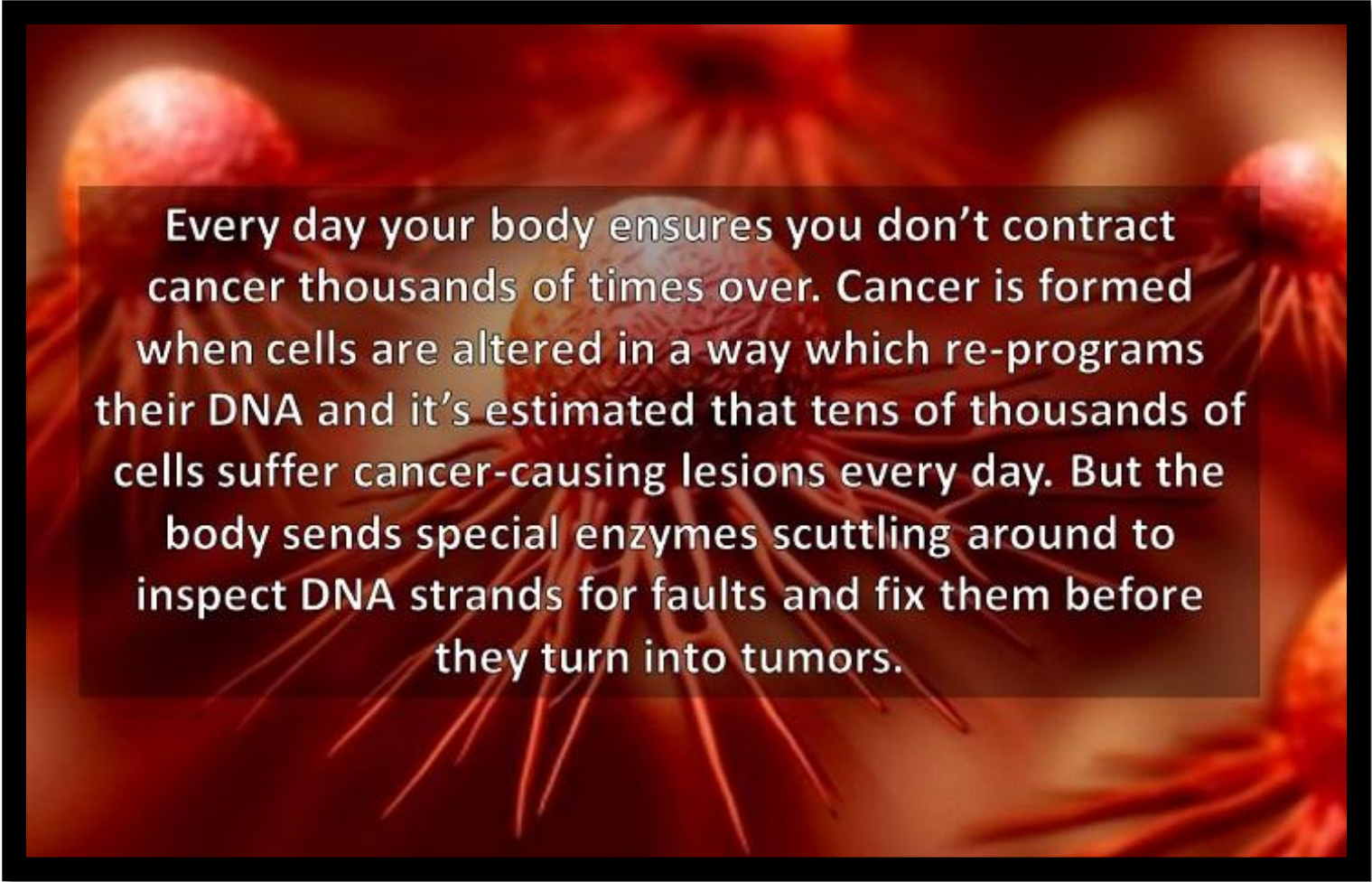
Your heart pumps approximately 2000 gallons (7571 liters) of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.

What Your Body Does in a Day



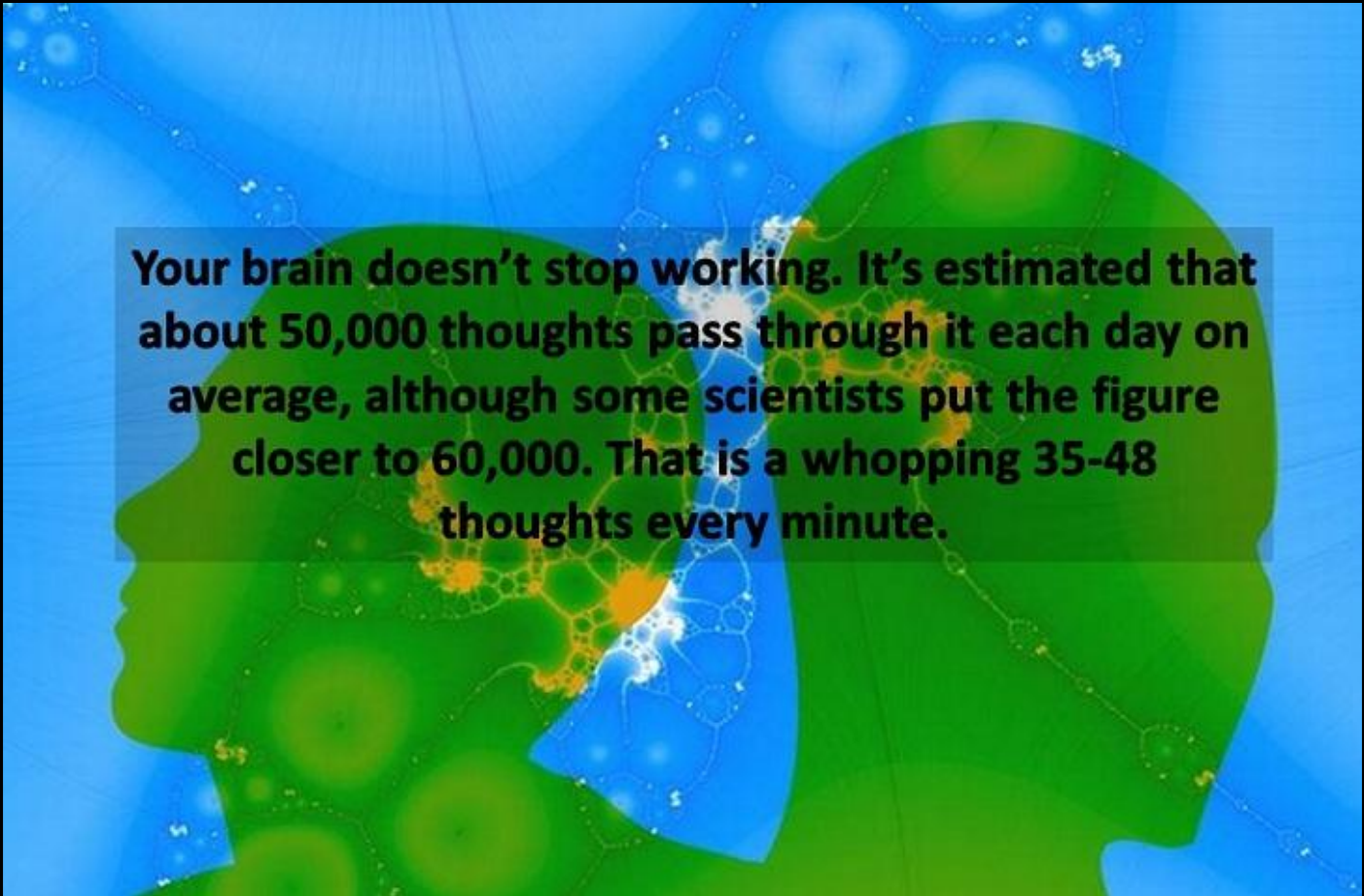
You take around **17,000** breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold a huge six liters of air.

What Your Body Does in a Day

A microscopic image showing several cells with prominent, radiating spines or microvilli, set against a warm, reddish-orange background. A semi-transparent dark rectangle is overlaid in the center, containing white text.

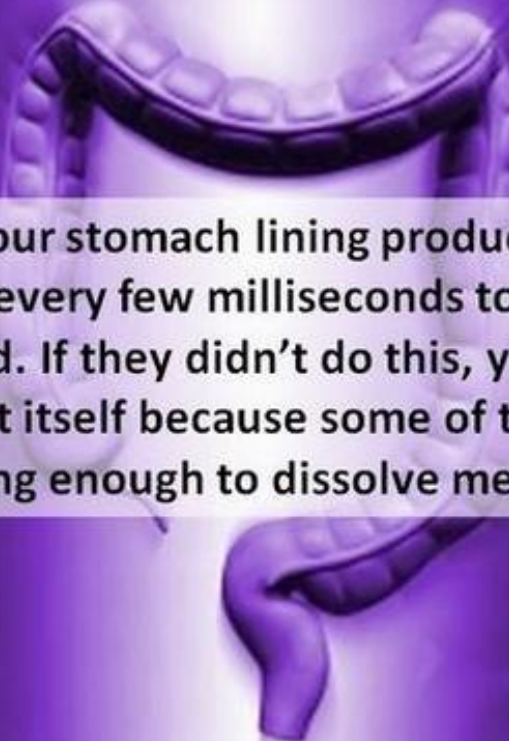
Every day your body ensures you don't contract cancer thousands of times over. Cancer is formed when cells are altered in a way which re-programs their DNA and it's estimated that tens of thousands of cells suffer cancer-causing lesions every day. But the body sends special enzymes scuttling around to inspect DNA strands for faults and fix them before they turn into tumors.

What Your Body Does in a Day



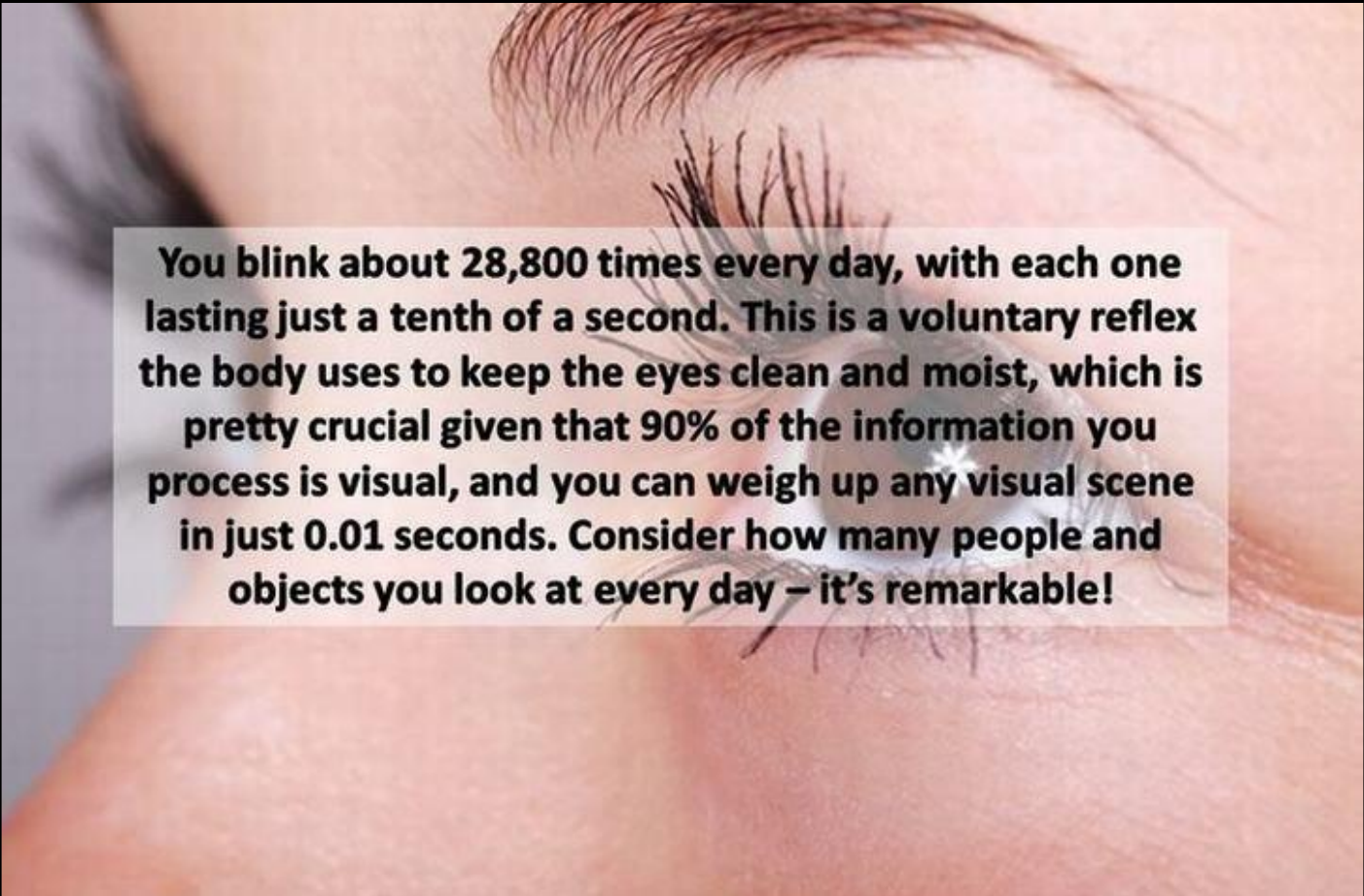
Your brain doesn't stop working. It's estimated that about 50,000 thoughts pass through it each day on average, although some scientists put the figure closer to 60,000. That is a whopping 35-48 thoughts every minute.

What Your Body Does in a Day



The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.

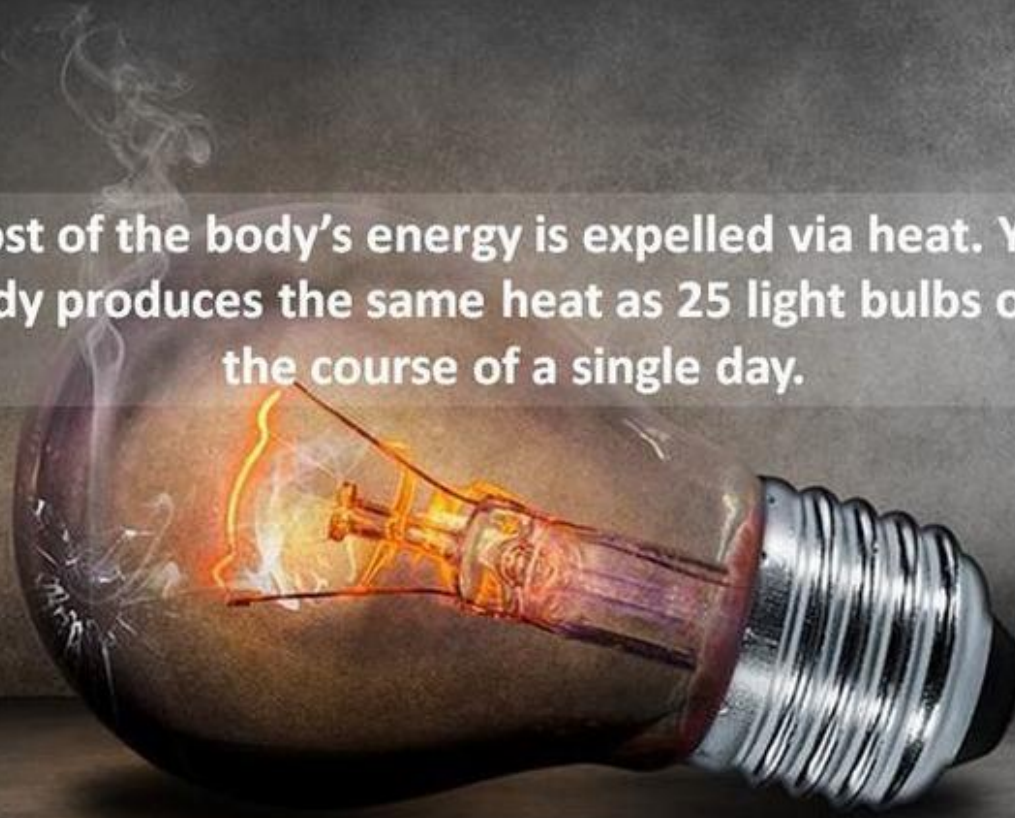
What Your Body Does in a Day

A close-up photograph of a human eye, showing the eyelashes and the skin around the eye. The eye is looking slightly to the left. A semi-transparent text box is overlaid on the center of the image.

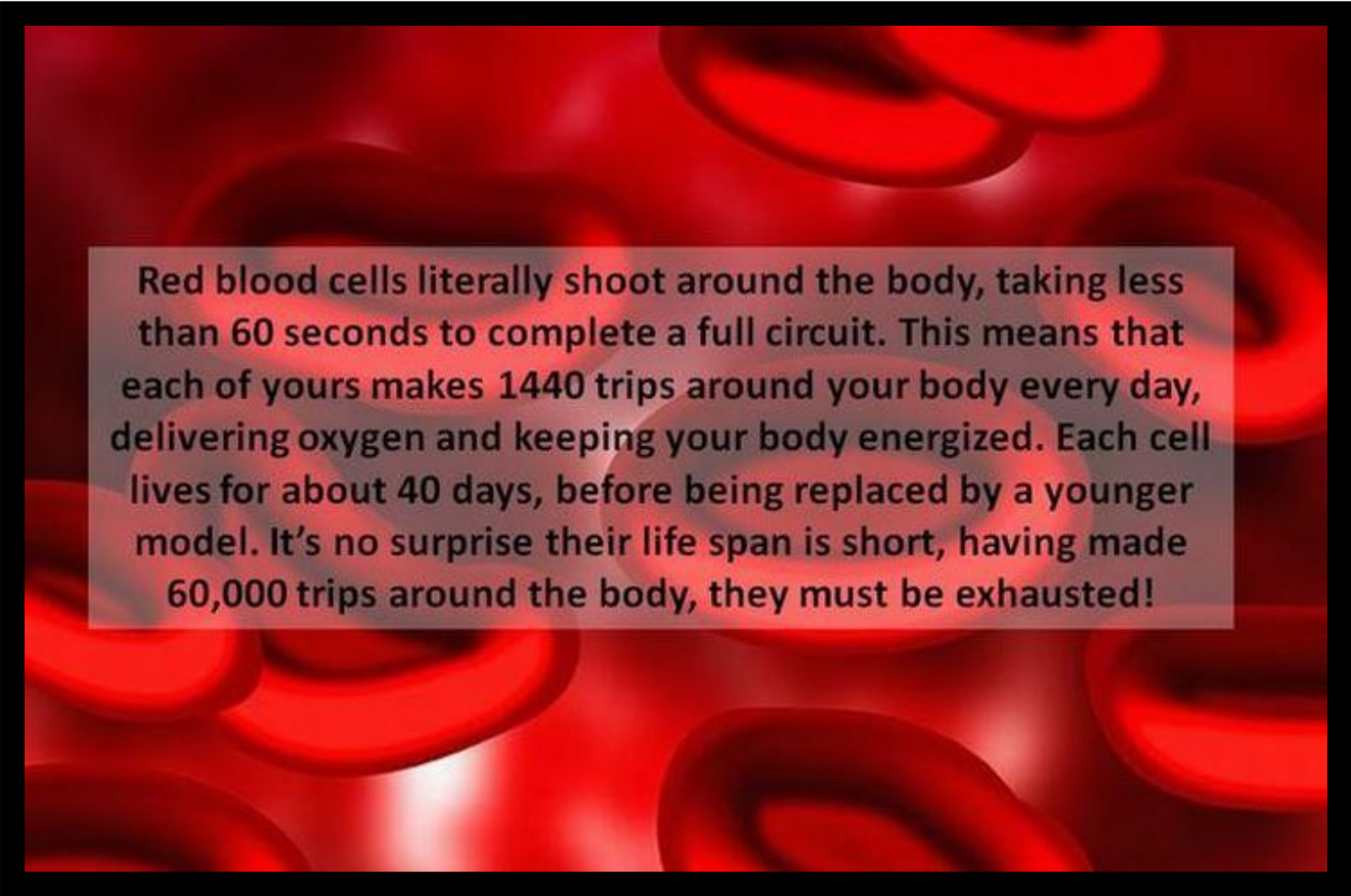
You blink about 28,800 times every day, with each one lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyes clean and moist, which is pretty crucial given that 90% of the information you process is visual, and you can weigh up any visual scene in just 0.01 seconds. Consider how many people and objects you look at every day – it's remarkable!

What Your Body Does in a Day

Most of the body's energy is expelled via heat. Your body produces the same heat as 25 light bulbs over the course of a single day.

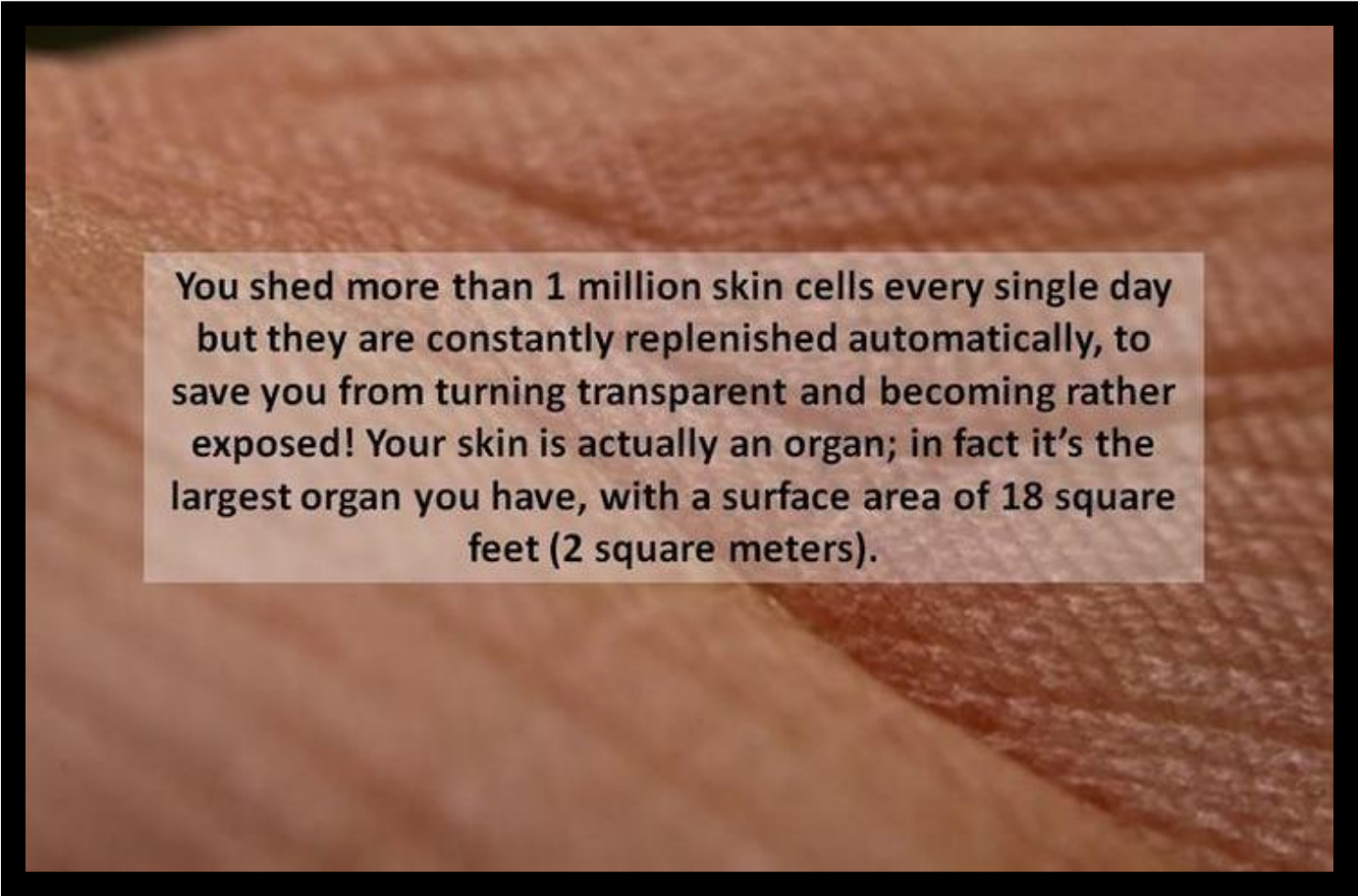


What Your Body Does in a Day



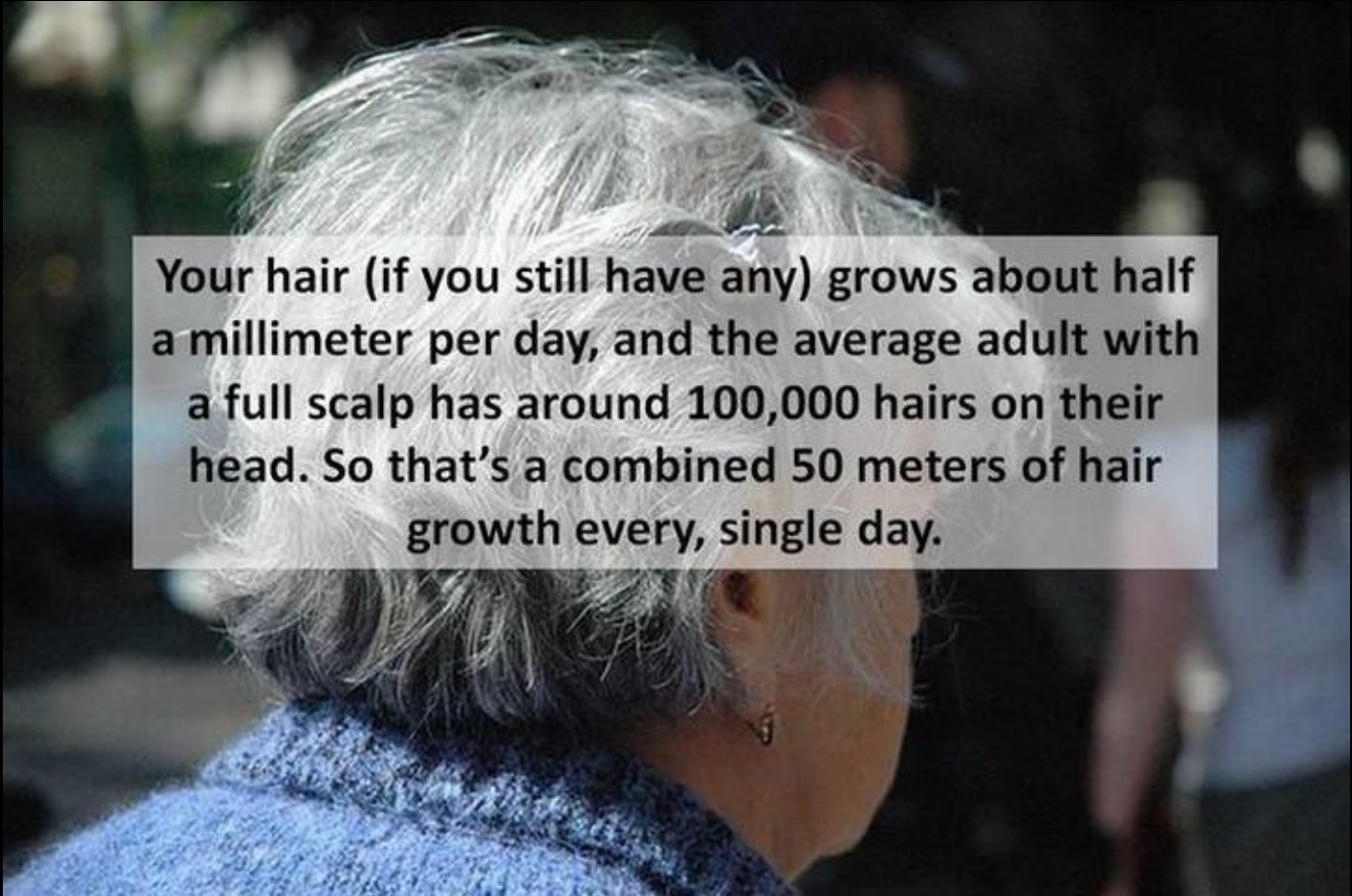
Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means that each of yours makes 1440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days, before being replaced by a younger model. It's no surprise their life span is short, having made 60,000 trips around the body, they must be exhausted!

What Your Body Does in a Day



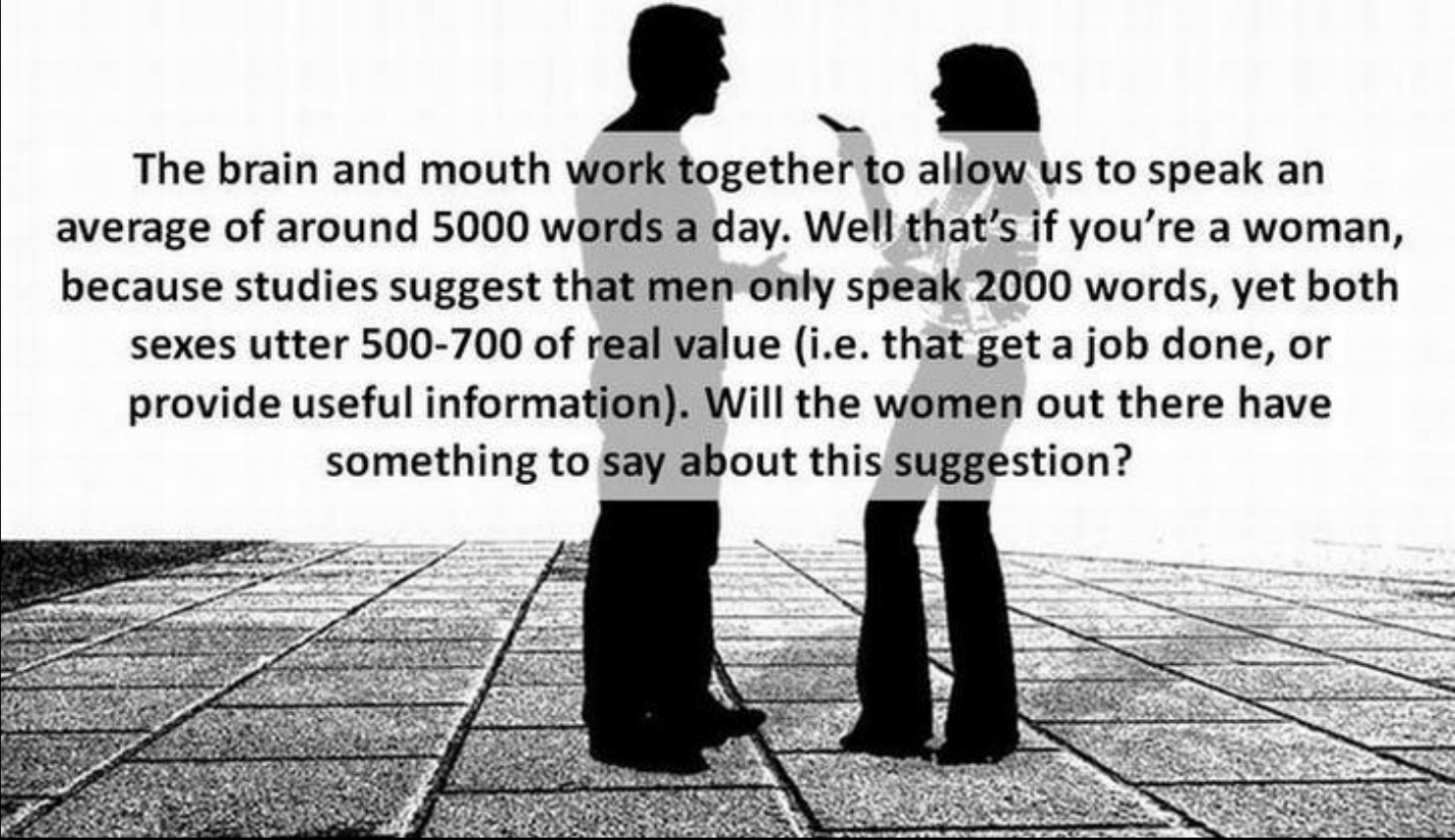
You shed more than 1 million skin cells every single day but they are constantly replenished automatically, to save you from turning transparent and becoming rather exposed! Your skin is actually an organ; in fact it's the largest organ you have, with a surface area of 18 square feet (2 square meters).

What Your Body Does in a Day



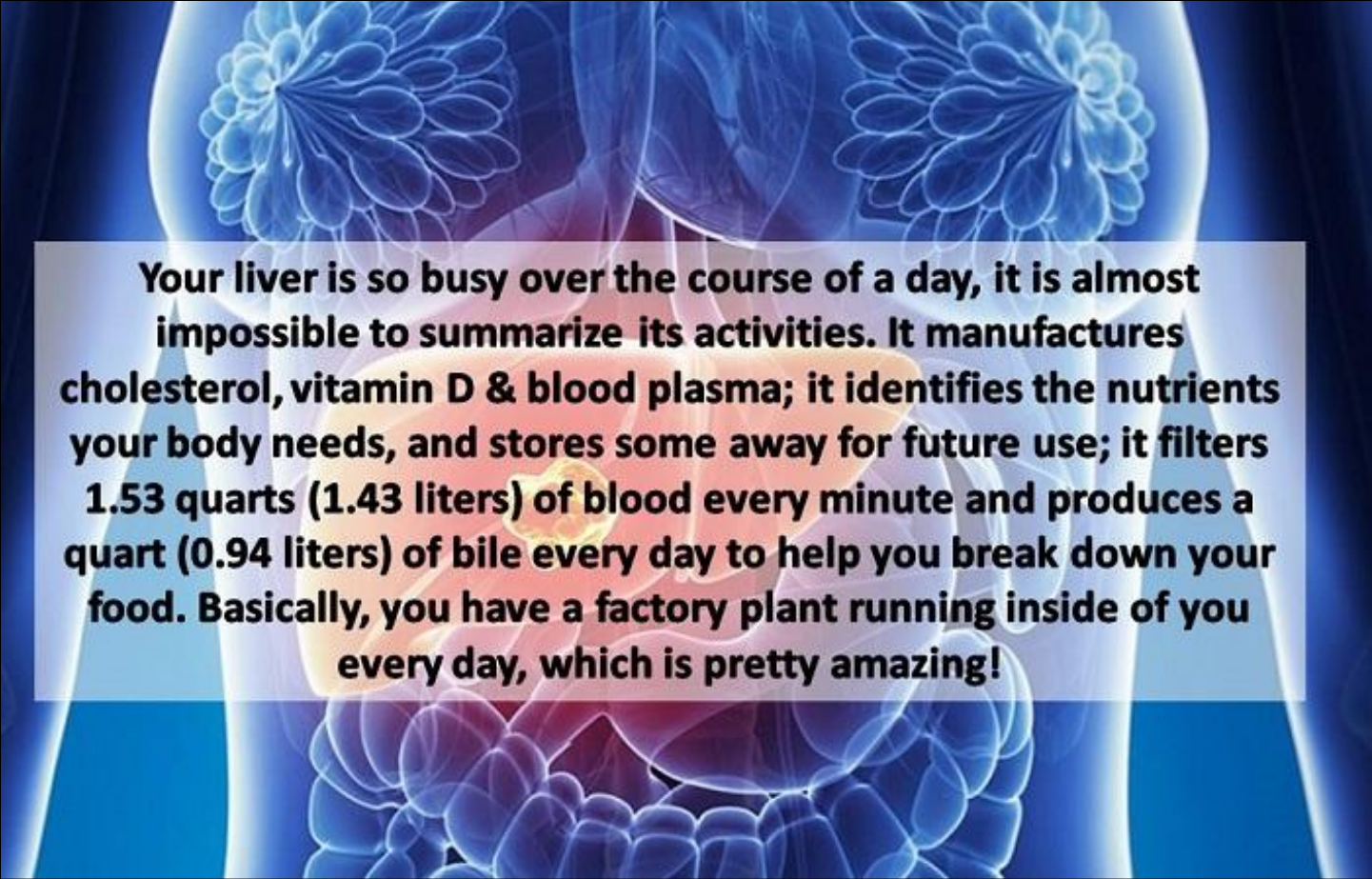
Your hair (if you still have any) grows about half a millimeter per day, and the average adult with a full scalp has around 100,000 hairs on their head. So that's a combined 50 meters of hair growth every, single day.

What Your Body Does in a Day

A black and white photograph showing the silhouettes of a man and a woman standing on a tiled floor, facing each other in conversation. The man is on the left, and the woman is on the right, holding a small object in her hand. The floor is made of large square tiles with dark grout. The background is a bright, overexposed area, possibly a wall or a large window.

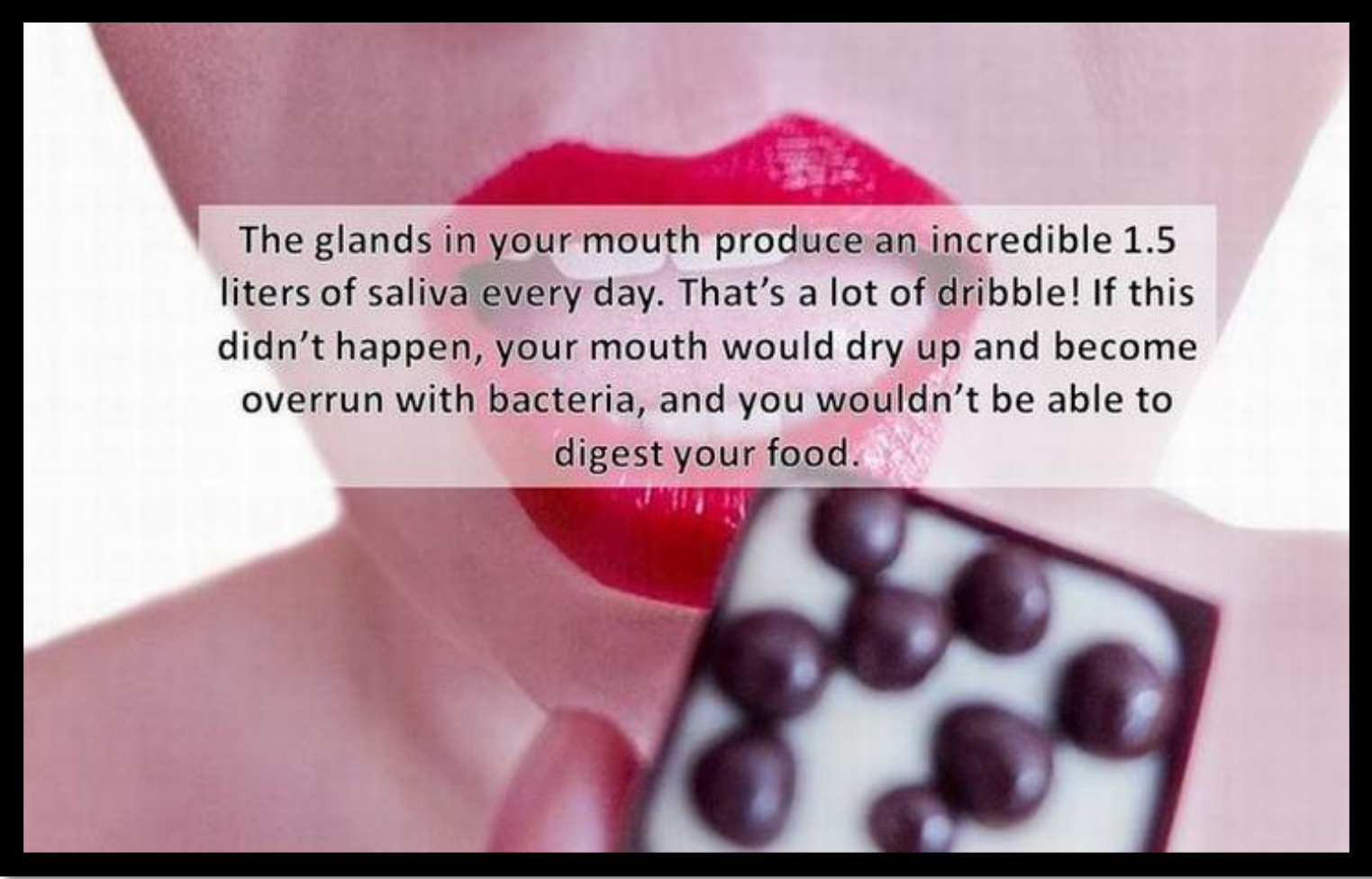
The brain and mouth work together to allow us to speak an average of around 5000 words a day. Well that's if you're a woman, because studies suggest that men only speak 2000 words, yet both sexes utter 500-700 of real value (i.e. that get a job done, or provide useful information). Will the women out there have something to say about this suggestion?

What Your Body Does in a Day



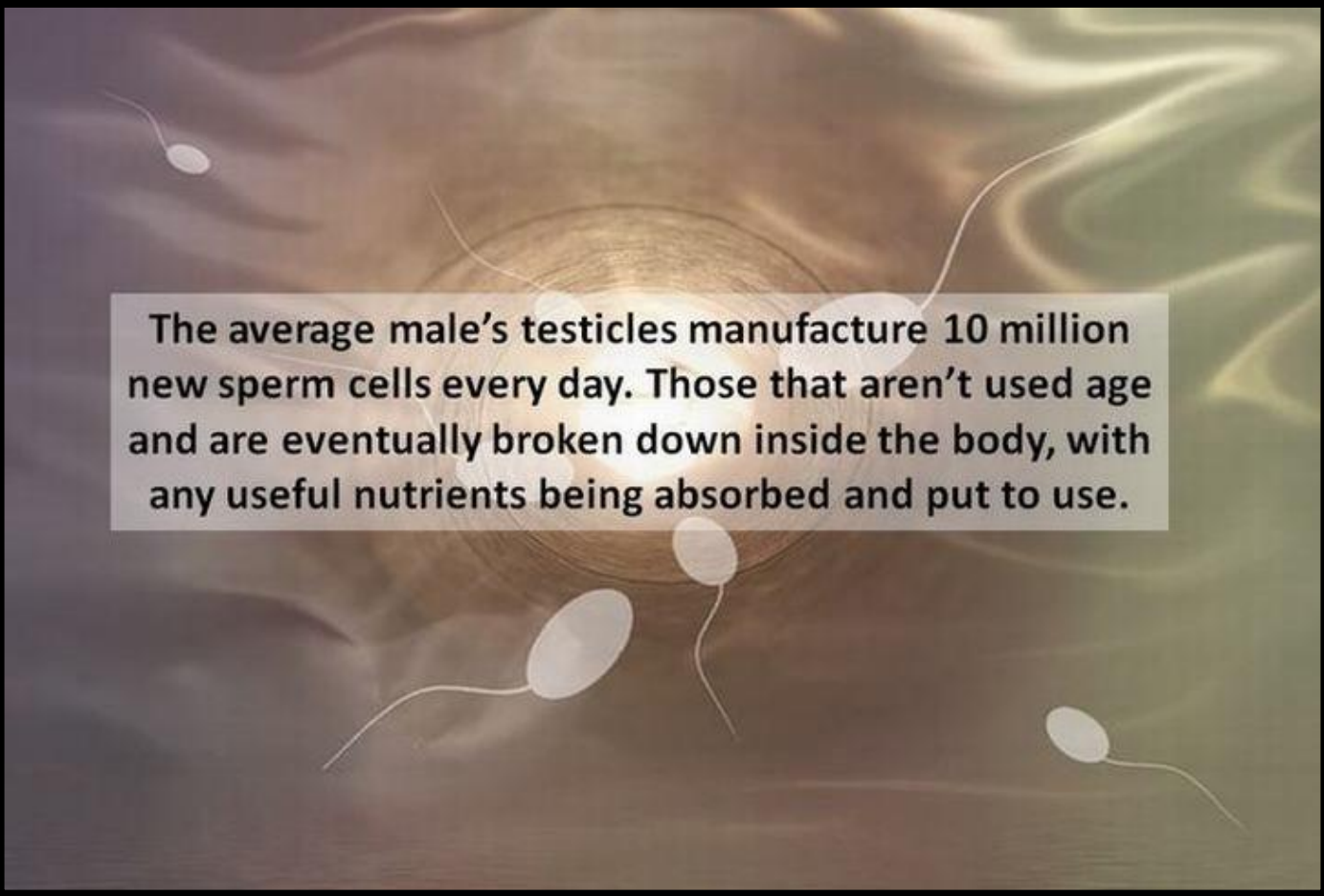
Your liver is so busy over the course of a day, it is almost impossible to summarize its activities. It manufactures cholesterol, vitamin D & blood plasma; it identifies the nutrients your body needs, and stores some away for future use; it filters 1.53 quarts (1.43 liters) of blood every minute and produces a quart (0.94 liters) of bile every day to help you break down your food. Basically, you have a factory plant running inside of you every day, which is pretty amazing!

What Your Body Does in a Day



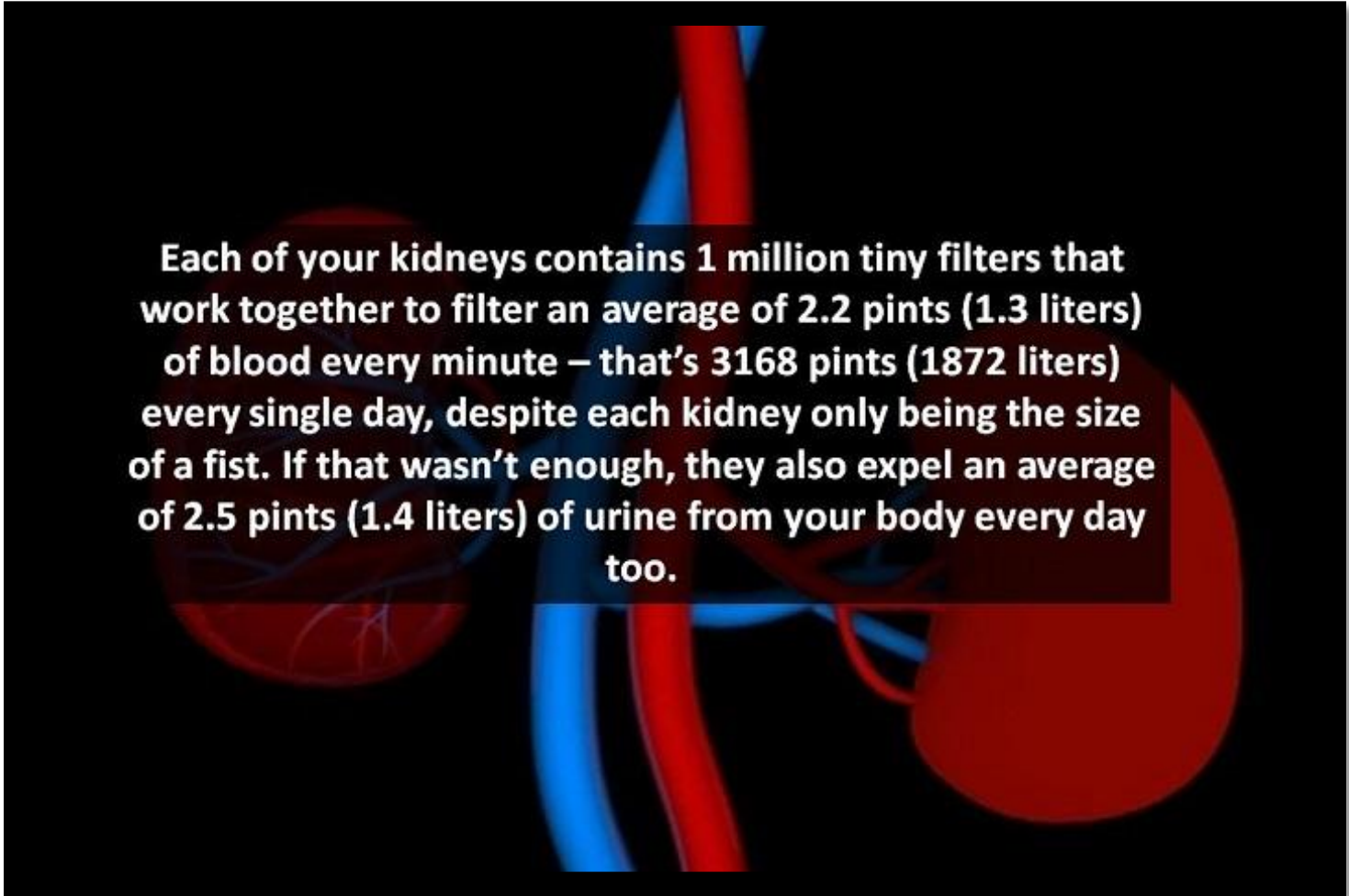
The glands in your mouth produce an incredible 1.5 liters of saliva every day. That's a lot of dribble! If this didn't happen, your mouth would dry up and become overrun with bacteria, and you wouldn't be able to digest your food.

What Your Body Does in a Day

A microscopic view of several sperm cells swimming in a fluid medium. The sperm cells are small, oval-shaped with long, thin tails. They are scattered across the frame, with some appearing closer and larger, and others further away and smaller. The background is a warm, golden-brown color with soft, wavy patterns, suggesting a fluid environment.

The average male's testicles manufacture 10 million new sperm cells every day. Those that aren't used age and are eventually broken down inside the body, with any useful nutrients being absorbed and put to use.

What Your Body Does in a Day



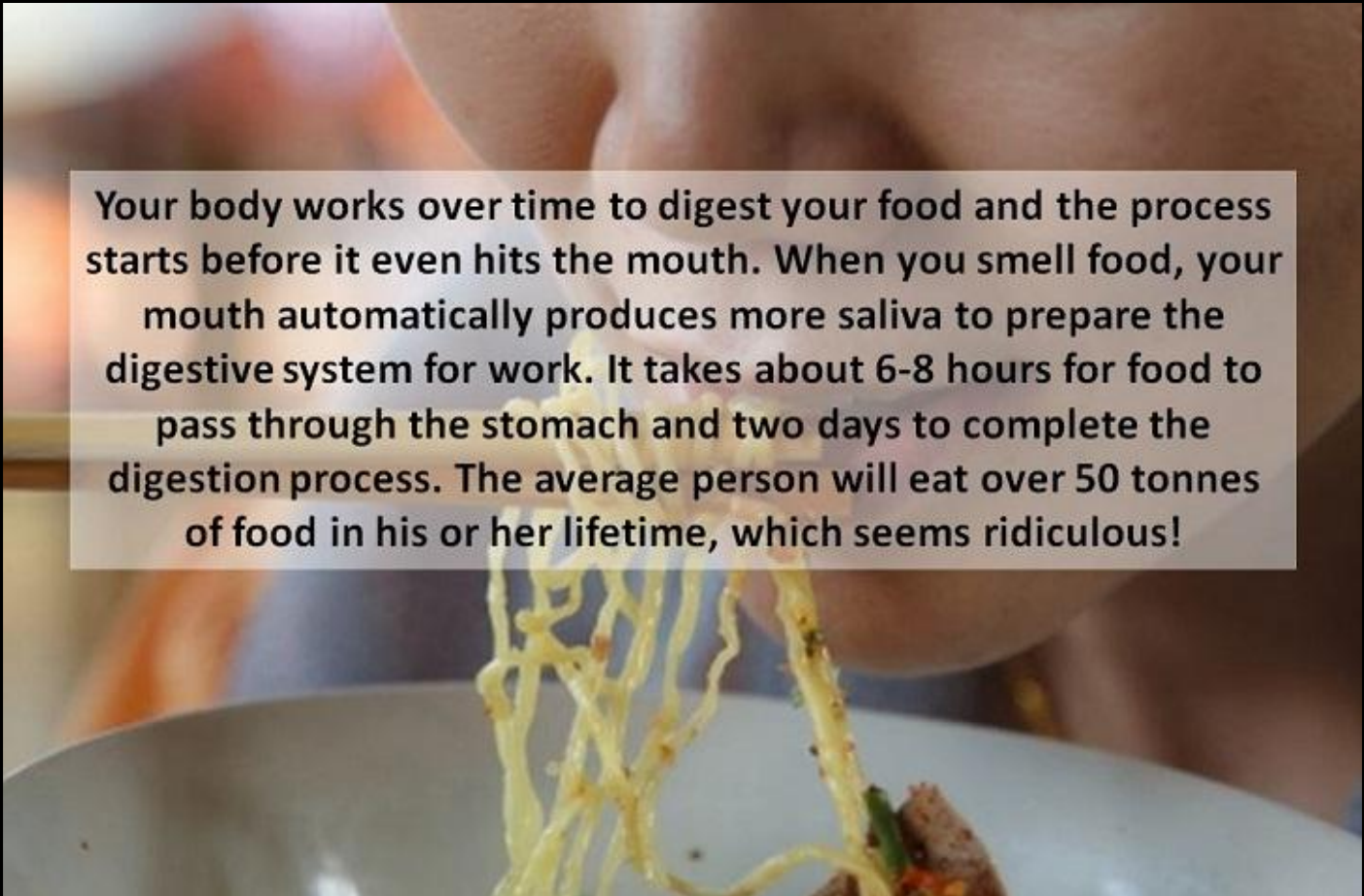
Each of your kidneys contains 1 million tiny filters that work together to filter an average of 2.2 pints (1.3 liters) of blood every minute – that's 3168 pints (1872 liters) every single day, despite each kidney only being the size of a fist. If that wasn't enough, they also expel an average of 2.5 pints (1.4 liters) of urine from your body every day too.

What Your Body Does in a Day



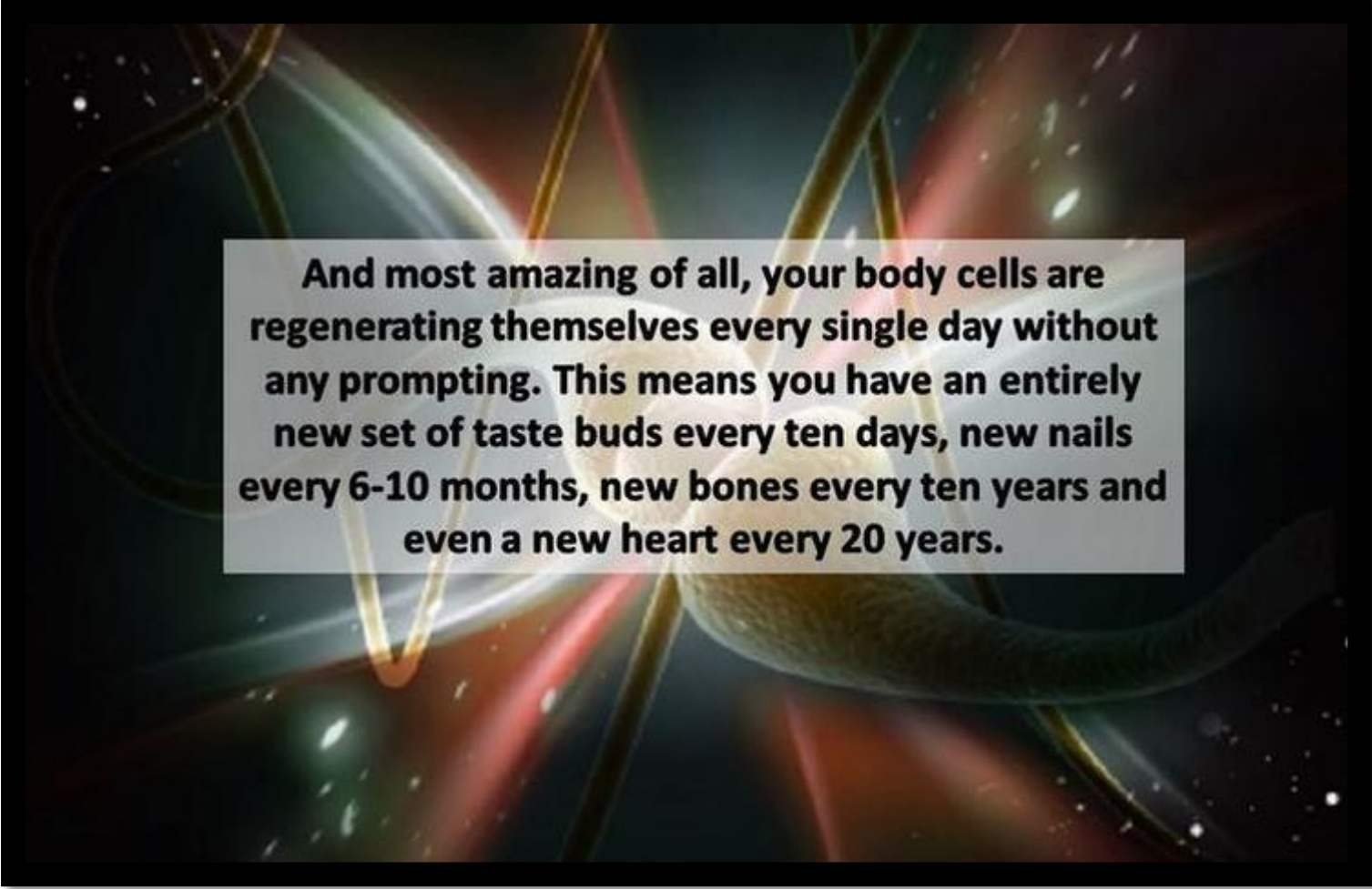
You grow 8mm every night while sleeping, before shrinking back down again the next day. This saves you from some pretty hefty clothing bills and ensures you don't have to raise the door frames every year or two.

What Your Body Does in a Day

A close-up photograph of a person's mouth and chin as they are eating spaghetti. The spaghetti is yellow and coated in a dark sauce, with some green herbs visible. The person's skin is light-colored. The background is blurred, showing what appears to be a white plate and some other food items.

Your body works over time to digest your food and the process starts before it even hits the mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system for work. It takes about 6-8 hours for food to pass through the stomach and two days to complete the digestion process. The average person will eat over 50 tonnes of food in his or her lifetime, which seems ridiculous!

What Your Body Does in a Day

An abstract, artistic representation of biological processes. It features several glowing, translucent tubes or vessels in shades of yellow, orange, and red, set against a dark, starry background. The tubes appear to be interconnected, suggesting a network like the circulatory or nervous system. Small, bright white particles are scattered throughout the scene, giving it a sense of dynamic movement and energy.

And most amazing of all, your body cells are regenerating themselves every single day without any prompting. This means you have an entirely new set of taste buds every ten days, new nails every 6-10 months, new bones every ten years and even a new heart every 20 years.

What Your Body Does in a Day

So next time you think that your body is starting to creak, just think about all the incredible things that are happening inside it every day, because all of us really are a miracle!

