



Did You Know?

Here are some general health facts you may or may not know...

1. Laughing is good for the heart and can increase blood flow up to 20%.
2. The skin is the largest organ in the body; it defends against disease and infection; it regulates your temperature; and it aids in vitamin production.
3. Being an optimist can help you live longer...try to look on the bright side. Studies have found that optimism is beneficial to your overall health, but is linked to a healthy heart, lower blood pressure and reduces the risk of coronary artery disease. People that are more optimistic also tend to have healthier behaviors such as diet and exercise.
4. Exercise will give you more energy even when you are tired.
5. Too much sitting (and sleeping) can increase one's chances of early death. Although, both are great in moderation!
6. Napping makes you smarter. Harvard researchers have found that even a brief nap can improve your learning capacity and enhance your memory, creativity and problem-solving skills.
7. Lack of exercise now causes as many deaths as smoking.
8. Nearly 30% of the world's population is obese (The United States of America falls in the top 20).
9. Between 2000 and 2015, the average global life expectancy increased by 5 years. The United States spends almost 3 times more on healthcare than any other country in the world, but ranks last in life expectancy amount the 12 wealthiest industrialized countries. (What is wrong with this picture?)
10. Dogs can smell cancer and low blood sugar.
11. People who enter their home through a door near the kitchen tend to eat 15% more than those who use the front door.
12. We all have bacteria in our belly buttons, and a lot of it. Scientists identified a total of 2,368 species of bacteria after swabbing 60 belly buttons; 1,458 of which "may be new to science."
13. If you took all the blood vessels out of an average adult, they would cover a distance of close to 100,000 miles (*According to the Franklin Institute*)
14. The chance of having a heart attack is 20% higher at the beginning of the week, according to findings published in the *British Medical Journal*.
15. Stomach acid can dissolve metal. Researchers have found that after soaking in stomach acid for 24 hours, a double-edged razor blade loses 63% of its mass and can easily be broken. Stomach acid is also the cause of intestinal lining needing to regrow itself every few days.



The list goes on; I hope you enjoyed some of these facts; some fun, some not so fun, but interesting nonetheless. Some of them definitely make you scratch your head and ponder the thought.

The following website was sourced and referenced for this article:

<https://www.thegoodbody.com/health-facts/>

<https://www.health.com/health/article/0,,20411618,00.html> <https://www.journalofnaturallongevity.com/20-did-you-know-interesting-health-facts-about-the-body/>

<https://247wallst.com/special-report/2018/07/11/the-worlds-most-overweight-countries/>



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