

What are 5 facts about the human brain?

Here are five interesting facts about the human brain:

1. **It's incredibly energy-intensive**

Although it only makes up about 2% of an adult's body weight, the brain uses roughly 20% of the body's energy—making it one of the most energy-demanding organs.

2. **It's mostly water and fat**

The brain is about 73% water, and around 60% of its solid material is fat—making it the fattiest organ in the body. Even mild dehydration can affect its function and cognitive performance.

3. **It contains billions of neurons**

An adult human brain has an estimated 86 billion neurons. These neurons communicate via trillions of connections called synapses, forming incredibly complex circuits.

4. **It isn't fully mature until mid-20s**

Brain development, particularly in the prefrontal cortex (involved in decision-making and impulse control), continues well into a person's mid-20s.

5. **It adapts and changes throughout life**

Through a process known as neuroplasticity, the brain rewires and forms new connections in response to learning, environment, and even injury. This means that learning and brain development continue well beyond childhood.