

The Human Brain

Expanding Your Amazing Neural Network

Throughout life, your neural networks reorganize and reinforce themselves in response to new stimuli and learning experiences. This body-mind interaction is what stimulates brain cells to grow and connect with each other in complex ways. They do so by extending branches of intricate nerve fibers called dendrites (from the Latin word for "tree"). These are the antennas through which neurons receive communication from each other.

A healthy, well-functioning neuron can be directly linked to tens of thousands of other neurons, creating a totality of more than a hundred trillion connections – each capable of performing 200 calculations per second! This is the structural basis of your brain's memory capacity and thinking ability. As a product of its environment, your "three pound universe" is essentially an internal map that reflects your external world.

