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it is the crown jewel of the human body this fact sheet is a basic introduction to the human brain it can help you understand how the healthy brain works how to keep your brain healthy and what happens when the brain doesn't work like it should

brain anatomy and how the brain works johns hopkins medicine Feb 26 2024

the brain is a complex organ that controls thought memory emotion touch motor skills vision breathing temperature hunger and every process that regulates our body together the brain and spinal cord that extends from it make up the central nervous system or CNS what is the brain made of

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the brain is made up of billions of neurons and specialized parts that play important roles in different functions learn about the parts of the brain and what they do

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head injuries drug use and health conditions like Alzheimer's and Parkinson's disease can cause brain cell damage or loss developing brain health habits is a key way to keep your brain healthy that includes following safety measures and keeping your brain active and engaged try these brain health tips 1

the human brain book an illustrated guide to its structure Nov 23 2023

Penguin Jan 8 2019 Science 264 pages this award-winning science book uses the latest findings from neuroscience research and brain imaging technology to take you on a journey into the

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4.6 148 ratings see all formats and editions John Ratey bestselling author and clinical professor of psychiatry at Harvard Medical School lucidly explains the human brain's workings and paves the way for a better understanding of how the brain affects who we are

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