



DID YOU KNOW YOU HAVE 3 BRAINS?

These three brains are communicating together at any one point in time. Each organ has complex neuro-networks and is able to store and process information, and each has the capacity for neuroplasticity.

- 1 YOUR HEAD**
The brain in your head is made up of 100 billion neurons.
- 2 YOUR HEART**
The heart is made up of about 40,000 neurons. In addition to its other functions it also acts as a heart-brain which can sense, feel, learn and remember.
- 3 YOUR GUT**
You have 100 million neurons (also called nerve cells or brain cells) in your intestines? The gut is now being referred to by many scientists as the gut-brain.