

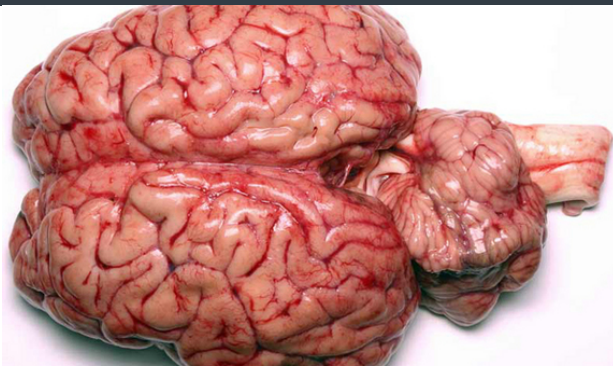
How many times could your entire cellular structure be conceivably replaced in your lifetime?
[Andy Davis]

- Given: Estimate: # replacements / life
- Assume that you have approximately 100 trillion cells in your body
 - Assume 300 million cells die and are replaced every minute
 - Assume that you live 80 years

Does the Human Body Really Replace Itself Every 7 Years?

Benjamin Radford, Life's Little Mysteries contributor | April 04, 2011 11:33am ET

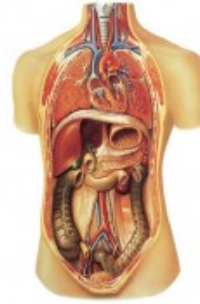
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It's a neat idea, and one that has caught the popular imagination. Here's how the story goes: Every seven years (or 10, depending on which story you hear) we become essentially new people, because in that time, every cell in your body has been replaced by a new cell. Don't you feel younger than you were seven years ago?

It is true that individual cells have a finite life span, and when they die off they are replaced with new cells. As The New York Public Library's Science Desk Reference (Stonesong Press, 1995) notes, "There are between 50 and 75 trillion cells in the body.... Each type of cell has its own life span, and when a human dies it may take hours or day before all the cells in the body die." (Forensic investigators take advantage of this vaguely morbid fact when determining the cause and time of death of homicide victims.)

[<http://www.livescience.com/33179-does-human-body-replace-cells-seven-years.html>]



Human Body Statistics

Statistic Verification	
Source: Center for Disease Control	
Date Verified: 6.19.2012	
Average Human Body Measurements	Data
Men's Average Height	69.4 inches
Men's Average Weight	194.7 lbs
Men's Average Waist Circumference	39.7 inches
Women's Average Height	63.8 inches
Women's Average Weight	164.7 lbs
Women's Average Waist Circumference	37 inches
Body Fluid Statistics	
Average amount of water in the human body	40 litres
Average percent of body weight made up of water	57%
Amount of body fluid that is Intracellular fluid	25 litres
Amount of body fluid that is Extracellular fluid	15 litres
Amount of Extracellular fluid that is Plasma fluid	3 litres
Amount of Extracellular fluid that is Interstitial fluid	12 litres
Amount of Extracellular fluid that is Transcellular fluid	minute
Human Heart Statistics	
Average human heart beats per day	100,000
Average human heart beats per year	35 Million
Average human heart beats per lifetime	3 Billion
Gallons of blood pumped by the heart in a lifetime	48 Million
Human Lung Statistics	
Lung breathes per day	23,000
Gallons of air produced per year	80 Million
Kidney Statistics	
Urine produced each day by kidneys	1.5 Quarts
Urin produced in a lifetime by kidneys	10,000 Gallons
Blood processed each minute by kidneys	1 Quart
Blood processed each day by kidneys	423 Gallons
Blood processed in a lifetime by kidneys	13 Million Gallons
Food Consumption	
Amount of food consumed each day by average human	3.5 pounds
Amount of food consumed in a lifetime by average human	53 Tons
Saliva produced in a lifetime	10,000 gallons
Average time it takes food to travel from mouth to stomach	7 Seconds
Body Makeup Statistics	
Number of cells that compose the body	100 Trillion
Number of cells that die and are replaced every minute	300 Million
Blood cells that die every minute	15 Million
Muscles in the human body	650
Bones in the human body	206
Square feet of skin in the human body	20 Square ft
Miles of blood vessels in the human body	60,000
Number of scents detected by the nose	50,000
Number of eye blinks each year	6 Million
Number of diseases that affect the human body	20,000

[<http://www.statisticbrain.com/human-body-statistics/>]