3 Facts About 6 Major Organs:

Your Heart:

- Pumps blood through your body
- Beats 100,000 times a day
- Pumps 1.5 gallons of blood every minute

Your Lungs:

- Float when placed in water
- Allow the average adult to breathe about 14 to 16 times a minute
- Weigh different amounts; your left lung is lighter than your right

Your Kidneys:

- Filter waste and toxins from your blood every 30 minutes
- Activate vitamin D levels to maintain healthy bones
- Make hormones that tell your body to create more red blood cells

Your Liver:

- Is the largest internal organ in your body
- Is constantly regenerating itself
- Acts as a filter for your body

Your Small Intestine:

- Can grow up to 20 feet long
- Absorb nutrients from your ingested food
- Is only felt moving when you've overeaten or have food poisoning

Your Pancreas:

- Helps control your blood sugars
- Makes digestive enzymes
- And these enzymes process fats and proteins

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