



What Are We Made Of?

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Gen.2:7

The “dust of the ground” referred to here, are the elements from which everything we see around us is made. That is quite a sweeping statement, since it was written over three and a half millennia ago.

The average human body contains the following-

16 kg Carbon: Equal to 9000 Lead Pencils

140g Potassium: The same amount as in 333 Bananas

0.1mg Uranium: Enough to power 100watt light bulb for 10 mins

1kg Calcium: The same as in 1130 pints of skimmed milk

2.3g Zinc: The same amount as in 181 oysters

0.2mg Gold: one pence worth

100gm Sodium: The same amount as in 32 bottles of tomato ketchup

2.6gm Fluorine: The same as in 26 large tubes of toothpaste

72mg Copper: Enough to make 10cm of 5 amp fuse wire

4.2gm Iron. Enough to make 2 x 2.5 cm nails

YOUR BODY ALSO HAS:

40 \LITRES WATER

28 KG MUSCLE

14KG BONE

14KG FAT

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