

How does the brain work?



The brain is a complex organ that controls all bodily processes, including thought, sensory perception, and physical action. Despite weighing only 3 pounds, the human brain contains as many as 100 billion neurons and 100 trillion connections.

Neurons are information messengers which use electrical and chemical impulses to transmit information around the central nervous system (CNS).

The brain processes information it receives through its neuron network and sends signals to all parts of the body to control bodily functions and respond to stimuli

The left and right sides of the brain

The left and right sides of the brain have different functions and control different processes. Each half of the brain contains six different lobes.

The brain's left half is primarily responsible for speech and abstract thinking. It also controls the right side of the body. The right side of the brain is responsible for image processing, spatial thinking, and movement in the left side of the body.

The left and right sides of the brain connect via nerve fibers. In a healthy brain, the two sides communicate with one another.

The two sides do not necessarily have to communicate, though. If a person has an injury that separates the two brain hemispheres, they can still function relatively normally.

Left brain vs. right brain theory

In the 1960s, the neurobiologist Roger W. Sperry suggested that all people have one-half of their brain, which is more dominant and determines their personality, thoughts, and behavior.

Due to the different functions of the two brain hemispheres, the idea that people can be left-brained and right-brained is tempting.

According to the dated theory, left-brained people are more:

analytical

logical

detail- and fact-oriented

numerical

likely to think in words

By contrast, the theory suggests that right-brained people are more:

creative

free-thinking

able to see the big picture

intuitive

likely to visualize more than think in words.