

**ALPHABETICAL BRAIN™ VOCABULARY  
HUMANIST FAMILY BRAIN STUDY**

**DETAILS ABOUT YOUR GLIAL CELLS?**

**Brain Flash Card #6**

**September 1, 2018**

**WHAT ARE YOUR GLIAL CELLS?  
AND WHY ARE THEY SO IMPORTANT?**

Your *glial cells* are the approximately 900 billion brain cells in your brain and nervous system that protect and facilitate the functioning of your 100 billion neurons.

They are the specialized brain cells known as "**white matter**" that cover the axon filaments of your neurons with myelin sheaths in contrast to the "**gray matter**" that consists of your neuron cell bodies in your cerebral cortex cover of your cerebrum and nervous system.

Your brain's glial cells nourish and lubricate your axon's filaments and protect your neurons from toxins. They permit *action potential spikes* of biochemical current (electrochemical signals/impulses) to flow faster through axon filaments. Also, they insulate them from the biochemical current of other neurons.

**RECOMMENDATION:** Print this pdf version and read it. Underline or color highlight the most important brain ideas to save them in your long-term memory. Then re-read your mashup of these ideas in a few hours and a few times during the next few days to take advantage of the *spaced-repetition* method of learning.

Voila! You will be able to use them in your deep thinking about your self-identity and feel them in your self-awareness.

**NOTE:** See also neurons #2, dendrites #3, axons #4, nucleus of a neuron #5, synapses #7, potentiation #8, connectome #9, plasticity #10, cerebrum #11, and prefrontal cortex #12.