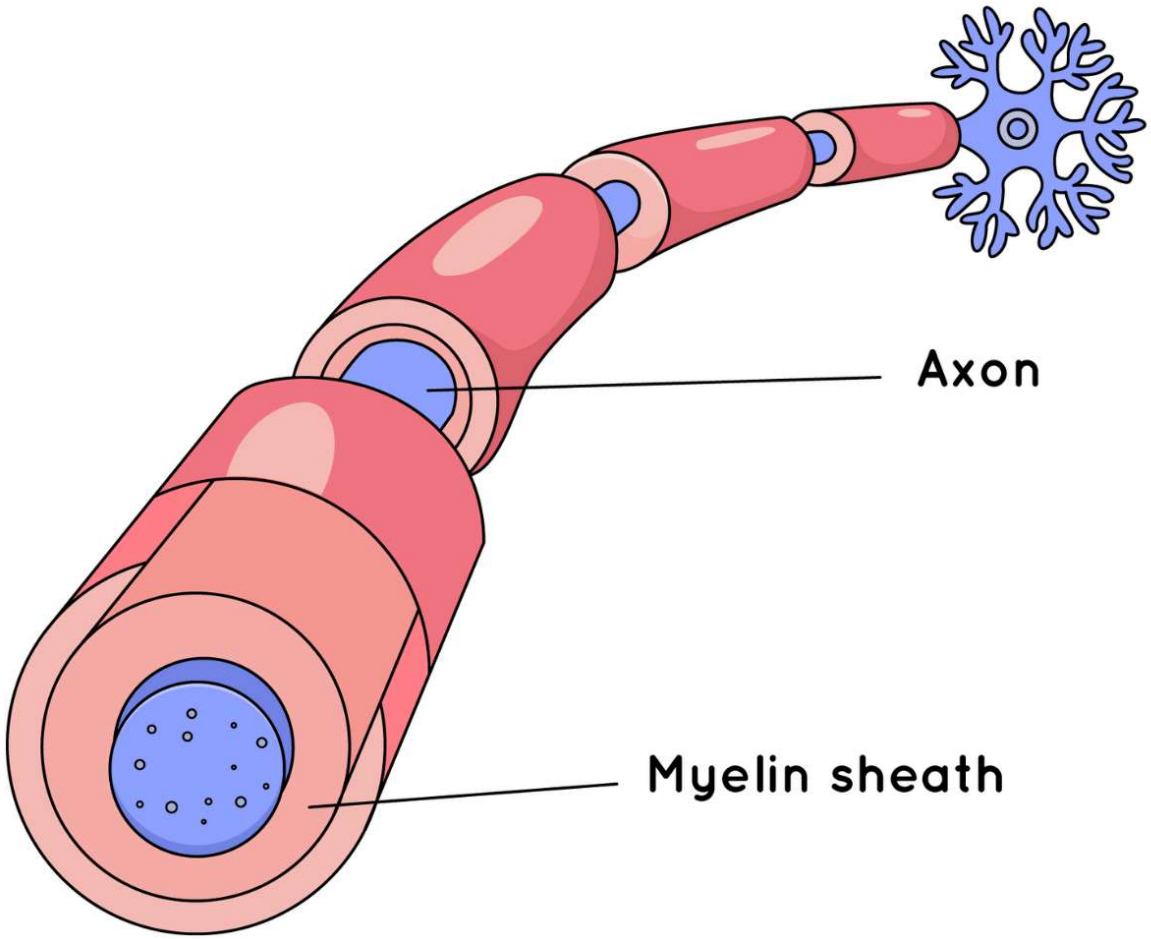
The Myelin Sheath



Myelin is a protective coating for our brain's neurons. An insulating layer that helps signals move faster along the neurons. The more we repeat something, the thicker the myelin becomes, and the easier it feels to do things.