

MICROTUBULES

The Support & Highways ♥

The Structure that Supports, Connects & Transports



Microtubules are tiny protein tubes inside your brain cells. They are the cell's skeleton and highway system all in one!



Made of tubulin proteins stacked like tiny beads forming a tube.



LOCATION IN THE BRAIN

Found inside every cell of your brain (and body). They run throughout neurons — from the cell body to the ends of the branches and axons.

I build the roads, the rails, and the scaffolding.
I keep things strong, organized, and moving
so your brain can do amazing things!

SCAFFOLD

I give cells their shape and support.

HIGHWAYS

I provide tracks for cargo to travel to where it's needed.

TRANSPORT

I move important packages like proteins, nutrients, and signals inside the cell.

STRONG • FLEXIBLE • DYNAMIC

I can grow, shrink, and reorganize — helping your brain adapt, learn, and heal.

DID YOU KNOW?

Microtubules help your brain rewire and create new connections. They are key players in neuroplasticity!

Healthy microtubules = better connection, communication & neuroplasticity!



WHAT IT DOES

- Supports cell shape
- Provides highways for transport
- Helps cells divide & repair
- Essential for learning & memory



UNDER STRESS

Stress, toxins, poor sleep, and inflammation can damage microtubules and slow down communication.



LOVING DIALOGUE

"I support and strengthen my brain.
I choose what helps me grow, connect, and thrive."



WHAT DO I NOTICE?

When do I feel clear and connected?
When do I feel foggy or scattered?
What helps my brain feel strong?

Strong microtubules, strong mind. You are always rebuilding, rewiring, and rising.

The above information is part of the Healing Brain Journey. If you are interested in a private Healing the Brain session, please contact Kristina.