

7 Weird Things Your Body Can Predict, According To Science

By [KRISTINE FELLIZAR](#) | a day ago |



Ashley Batz/Bustle

Whether or not people can actually predict the future is debatable. But according to science, you may not need any kind of psychic ability to predict what's going to happen. The human body can do some things you may not even be aware of. As weird as it may sound, your [body](#) has the ability to [predict certain things](#).

Before you get too excited, these predictions have nothing to do with how many children you're going to have or how much money you'll be making in 10 years. Instead, it can clue you in to potential health issues down the road and even how long you're going to live.

For instance, a 2018 study published in the journal *Neurology* found that your eyes can predict a number of different diseases. "Your eyes are the only place in the body where blood vessels can be actively seen, not covered under layers of skin," Dr. Ming Wang, MD, PhD, tells Bustle. "As a result, changes to the blood vessels (arteries and veins) in the eye can be easily viewed and show signs of high blood pressure or high cholesterol." In addition to that, your eyes can also detect diabetes in its early stages.

Your body will drop little hints to make you aware of potential health problems in the future. However, that's not the only thing it can do. So here are some interesting things your body can predict, according to science.

1. The Weather



2. Danger

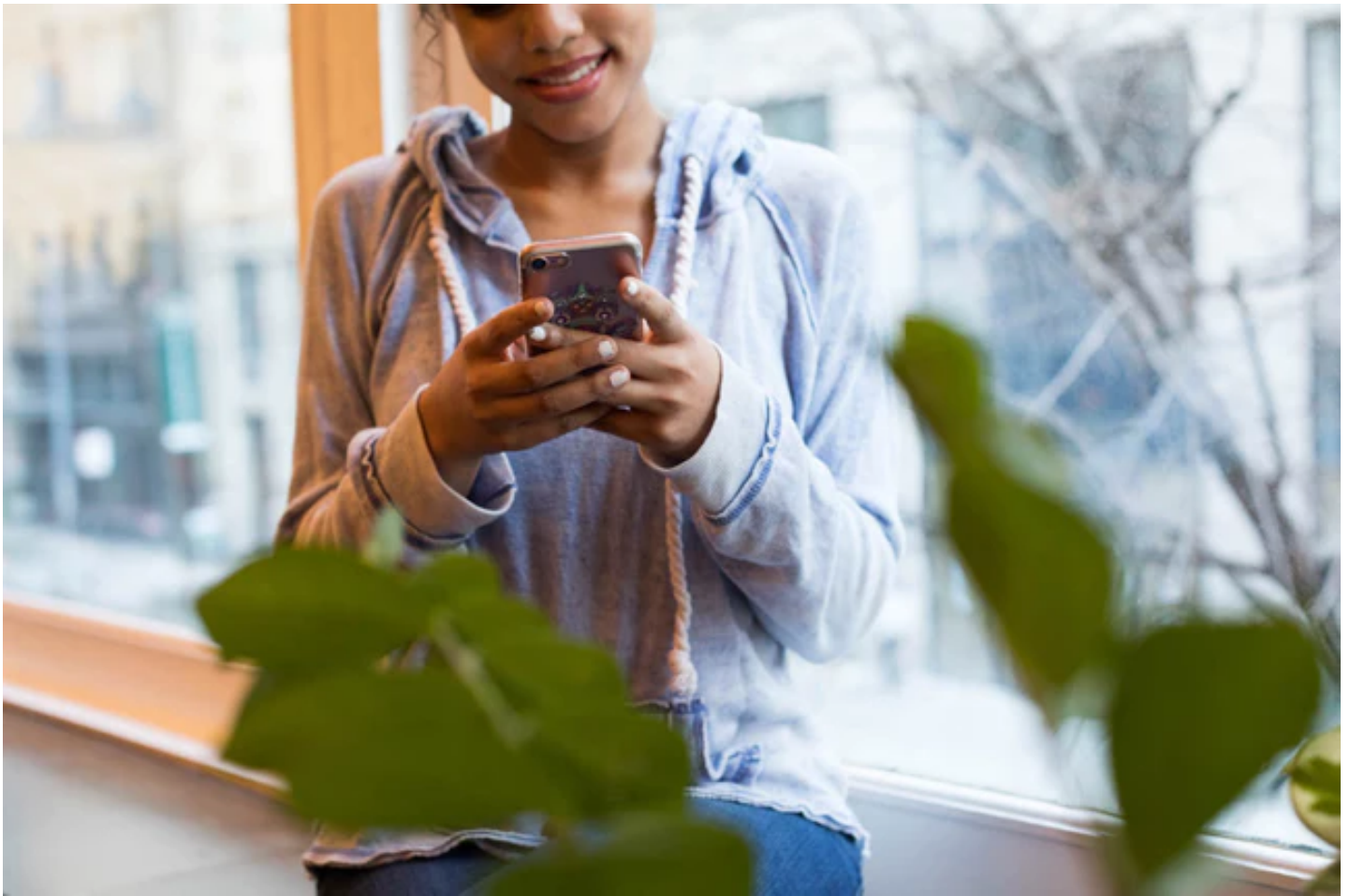


3. Whether Someone Is "The One" Or Not





4. Content That'll Go Viral



determining which type of content goes viral. Researchers showed participants examples of a company's most successful marketing campaigns and their low-performing ones. They found that people had greater Galvanic skin responses to campaigns that went viral, regardless of whether a participant actually said they liked the campaign or not. So if you're looking to make something go viral, make sure it evokes feelings.

5. Near-Future Events

Ashley Batz/Bustle

You may not be able to "see" into the future in the way that maybe a psychic would. But as a 2017 study published in the journal *Nature Communications* found, the human brain is constantly predicting events. For instance, if you're walking down the street and you see a kid on their bike speeding towards you, you may immediately brace yourself for impact. Your reaction is a result of your brain predicting what's about to happen. As researchers found, the brain can predict motion by filling in the blanks and playing a situation out at twice the rate of the actual event. So it happens without you realizing it.

6. Spring Is Coming

Andrew Zaeh for Bustle

If you suffer from seasonal allergies, your body can tell you that spring is coming even before it officially begins. According to the American College of Allergy, Asthma, and Immunology, mild winters can cause an early release of pollens. Once you're exposed to pollens, your body will react even if the weather is still fairly cool.

7. Death

Ashley Batz/Bustle

A 2019 study published in the Annals of Internal Medicine found a link between a [poor sense of smell and mortality](#). Researchers from Michigan State University analyzed data of over 2000 older adults, between the ages of 71 and 82. As part of the study, participants were asked to identify 12 common scents such as cinnamon, gasoline, and smoke. Researchers then tracked each participants over the course of 13 years. As they found, people who identified less than eight different smells were 46 percent more likely to die 10 years later. So researchers concluded that a poorer sense of smell could predict death. The reason behind why isn't too clear. But researchers believe dementia, Parkinson's disease and weight loss may contribute to it.

The human body can do some pretty incredible things. It may not be able to predict who you'll get married to or the exact moment you're going to die, but it can still predict some pretty interesting stuff.

