



## Blood thinning food

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**Abstract.** The article discusses the density of blood and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. Food products are indicated to reduce blood density, the scientific basis of nutrition for its thinning is considered.

**Keywords:** blood, blood thinning, thick blood, healthy foods, dangerous foods

Thick blood impairs the supply of oxygen, hormones and nutrients to the cells. It can lead to heart attacks, stroke, and kidney damage, so doctors prescribe *anticoagulants to reduce its viscosity*. But there is a list of products that thin it naturally. Research shows that certain foods are effective in improving circulation and reducing the risk of vascular problems that affect the heart, brain, intestines, eyes, and other organs.

## Thick Blood Facts: Causes, Diagnosis, Risks

Hypercoagulation - a violation of the blood coagulation process - is provoked by several factors:

- excess red blood cells, erythrocytes;
- chronic and genetic diseases (systemic lupus erythematosus, factor V Leiden and G20210A mutations in the prothrombin gene, etc.)
- an excess of certain proteins.

Other factors such as chronic inflammation, smoking, diabetes, unhealthy eating habits, and elevated "bad" cholesterol also cause hypercoagulability. The condition is often asymptomatic until a significant blood clot forms or a malignant tumor appears. <sup>[one]</sup>

The following symptoms should be cause for concern:

- dizziness and weakness;
- causeless bruising;
- blurred vision;
- erratic breathing;

- headache;
- high blood pressure;
- gout.

Blood clots, recurrent miscarriages are serious causes for concern. Anyone who has encountered these problems and who has a family history of thrombosis should take a coagulogram (hemostasiogram), a comprehensive hematological study to determine the state of the hemostasis system. <sup>[2]</sup>

### **What thickens the blood: foods that need to be discarded**

If there is an increased risk of blood clots or already having them, doctors prescribe antiplatelet or anticoagulant therapy. Taking medications may not bring results with improper diet and lifestyle. It is important not only to observe the drinking regimen, eat vegetables, greens and berries, but it is also necessary to avoid an excess of vitamin K - stop taking multivitamin complexes and reduce the consumption of foods with a high content of it.

Plant foods contain vitamin K1, while animal foods contain vitamin K2. The highest percentage of fat-soluble vitamin in dark green leafy vegetables - parsley, spinach, basil, cilantro, lettuce, broccoli, green onions, white cabbage and Chinese cabbage. Dandelion leaves, celery root, prunes, pine nuts, cashews are also undesirable in the diet. <sup>[3]</sup>

Some fruits and berries also contribute to hypercoagulability. The anti-rating includes kiwi, blackberry, blueberry, pomegranate. Among animal products, chicken meat, beef and goose liver contain the most vitamin K. They also need to be excluded and eat more natural food, which helps to reduce blood viscosity.

## **10 Foods to Naturally Thin Your Blood**

### **1. Turmeric**

The active ingredient in the spice is curcumin. It gives it a golden color, acts as an anticoagulant and is safer than aspirin: it prevents the formation of blood clots, stimulates the process of splitting cholesterol and cleansing blood vessels. The spice can be added to soups, milk, smoothies, teas. <sup>[four]</sup>

### **2. Cinnamon**

Cinnamon and its close relative Cassia act as a powerful anticoagulant. Seasonings relieve inflammation, lower blood pressure, but moderation is important in their use. One of the studies confirmed that their long-term and excessive consumption in foods (pastries, teas) can provoke liver damage. Chinese cassia contains more coumarin and is associated with more risks. <sup>[5]</sup>

### **3. Ginger**

The spice contains salicylate, a chemical compound from which acetylsalicylic acid is synthetically obtained. The anticoagulant effect of natural salicylates can be obtained regularly by using fresh or dried ginger. It is added to teas, pumpkin cream soup, pastries, juices. <sup>[6]</sup>

### **4. Cayenne Pepper**

The most spicy red capsicum is famous for its high content of salicylates. Despite the benefits, not everyone can eat it as a condiment and take it in capsule form. <sup>[7]</sup>

## 5. Salmon

It is known that omega-3 normalizes the consistency of blood, lowers cholesterol levels. You can get polyunsaturated fatty acid not only from salmon, but also from other fatty fish - mackerel, herring, tuna, sardines. <sup>[eight]</sup>

## 6. Wheat germ oil

The healing liquid contains a lot of vitamin E - a mild and safe anticoagulant. In 100 g, 255 mg of vitamin E was found, and in a tablespoon - 135% of its daily intake. Seeds, sunflower oil, almonds, hazelnuts contain it in smaller quantities, but also reduce blood clotting.

## 7. Ginseng

Popular in folk medicine, the herb improves blood circulation, lowers sugar levels and effectively controls blood pressure by slowing down the formation of clots. Take ginseng in the form of decoctions, tinctures, capsules.

## 8. Garlic

Spicy taste, natural antibiotic and antimicrobial properties, antithrombotic action - all this provides a perennial plant. Because of the thinning effect, the American Academy of Family Physicians advises that you stop taking garlic powder and the product itself 7 to 10 days before any surgery. <sup>[9]</sup>

## 9. Pineapple

The tropical fruit contains the beneficial enzyme bromelain. It is extracted and used in the manufacture of drugs that treat cardiovascular diseases, destroy blood clots and reduce their formation. The enzyme also helps break down protein foods and has a powerful anti-inflammatory effect. <sup>[eleven]</sup>

## 10. Ginkgo biloba

The plant extract thins the blood, promotes the resorption of fresh blood clots. A laboratory study showed that the effect of ginkgo biloba is similar to the drug Streptokinase. The latter is prescribed for the prevention of retrombosis, reducing the frequency of deaths in myocardial infarction. <sup>[ten]</sup>

## Prevention of excessive blood clotting and additional ways to combat the disease

For severe conditions, natural salicylates are not as effective as drugs, but they provide additional therapy support. Doctors advise not relying only on medicines and food - to reduce the risk of blood clots and other complications, you need to make lifestyle changes:

- stop smoking;
- lose weight (with a high percentage of fat);
- maintain daily physical activity;
- do not sit for a long time, often change body position;
- prevent dehydration of the body.

All medications have potential side effects and certain foods should be avoided while taking them due to the risk of interactions. It is desirable to change the diet under the supervision of the attending physician, nutritionist and regularly take tests to monitor the state of health. <sup>[12]</sup>

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*Received 20.07.2021*

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