



## Nutrition for muscles - healthy and dangerous foods, recommendations

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**Abstract.** Muscles are the main organs of human movement, subordinate to **the brain** and controlling **the skeletal system**. They consist of elastic, elastic muscle tissue that can contract under the influence of nerve impulses. They participate in all motor processes, from smiling to carrying heavy objects.

There are 640 muscles in the human body. The smallest of them are responsible for the functioning of the “hammer” located in the ear. The largest (gluteal muscles) are responsible for the movement of the legs. And the chewing and calf muscles are the strongest in the body.

*Key words:* muscles, healthy foods, dangerous foods, recommendations, folk remedies

### Interesting Facts:

- The amount of muscle present in a newborn and a bodybuilder is the same. The size depends only on the cross-section of the muscle fiber.
- Muscles make up about 40% of the total body weight.
- The fastest muscles are the muscles responsible for blinking.

### Healthy foods for muscles

In order to perform certain movements, it is necessary that the muscles responsible for this are provided with a sufficient amount of nutrients. Thanks to proper nutrition, muscles can not only function, but also grow.

The main products necessary for normal muscle functioning include the following:

1. **Beef**. Champion in essential amino acid content. Contains creatine, a protein [1] that increases muscle mass by reducing fat.
2. **Eggs**. [2] Thanks to the lecithin they contain, they are involved in ensuring the coordinated (synchronous) work of muscles and the nervous system. Also, in addition to protein, they contain a lot of **vitamin D** [3], which is necessary for the health of muscle tendons.
3. **Chicken**. Just like beef, it participates in the construction of muscle fibers.

4. **Dairy** . They are an irreplaceable source of organic calcium [4], which is responsible for the normal conduction of nerve impulses. In addition, they are an excellent remedy for muscle pain.
5. Green vegetables ( **broccoli** [5,6], asparagus [7], green beans and lettuce) are sources of magnesium [8], which is responsible for reducing overload associated with long-term work.
6. **Mackerel** . Rich in healthy fats [9], which are especially necessary during muscle work to provide them with energy. In the absence of these fats, the body begins to process itself. If they are present, this process slows down significantly, so that a person will have enough time to get to the place of food without turning into a skeleton covered with skin.
7. **A pineapple** . [10] Thanks to the bromelain enzyme contained in pineapple, the process of transforming eaten proteins into muscle mass will take much less time than without its presence. In addition, it protects muscles from overload.
8. **Green tea**. Increases muscle resistance to stress. Removes lactic acid, reducing muscle pain.
9. **Turmeric**. [11] Responsible for regeneration. Necessary for muscles that may be subject to microtrauma as a result of work.
10. **Buckwheat** . [12] Thanks to the essential amino acids it contains, buckwheat takes pride of place among foods responsible for muscle regeneration.
11. **Almonds** . It contains the most easily absorbed form of vitamin E [13]. Thanks to it, almonds help muscles recover faster from muscle injuries.
12. **Bell pepper** (red). [14] According to **vitamin C content** [15] he has no equal. It can easily outperform lemon [16] and blackcurrant [17]. And since this vitamin is an essential component of collagen [18], the inclusion of this vegetable in the diet is an extremely necessary action.

### General recommendations

To ensure productive life, it is advisable to eat **fractionally** 5-6 times a day. In this case, 70% of food should be eaten in the first half of the day. Only in this case will the muscles perform the function that is intended for them.

With prolonged work, lactic acid accumulates in the muscles. In order to remove it, you need proper rest, green tea, exercise on an exercise bike and a sufficient amount of **water** .

### Folk remedies for normalizing work and cleaning the muscular system

In order for the muscular system to always be in order, it is necessary to take care not only of the supply of beneficial substances to it, but also of the removal of harmful ones.

#### The following methods are used to cleanse the muscular system:

- Cleansing diet. Melt water is consumed all day. In the evening you need to drink one glass of **whey** [19]. I don't eat anything all day.
- Cranberry juice [20]. Crush **the cranberries** and pour boiling water over them. (It is better to select the concentration of berries in the fruit drink individually). Add a little honey [21] or sugar. (Sweeteners are added to neutralize excess acidity of the berry. The drink should have a slightly sweet or neutral taste) Drink several times throughout the day. Cleansing is carried out over three weeks.
- **Berries** . Berries such as barberry, red currant [22], dogwood [23], grapes [24] and chokeberry [25] are useful for cleansing muscles.
- **Dandelion** . [26] An infusion of dandelion roots has an excellent cleansing effect. Its bitter taste tones the liver, which begins to cope better with cleansing all body systems, including the

muscular system. It's not for nothing that the French grow this plant as a cultivated plant! After soaking in salt water, dandelion leaves are used in salads.

- A bath will help get rid of lactic acid from tired muscles. During bath procedures, blood circulation in the muscles improves. Oxygen levels increase. New vessels are formed. The muscles receive new portions of nutrients.

### Harmful foods for muscles

- **Sugar, jam, tori and other baked goods** . When they are consumed, fat accumulation occurs, not muscle mass.
- **Fats** . Excessive amounts of fatty foods cause **calcium blockage** .
- **Fried foods** . Substances contained in fried foods cause irritation of nerve fibers, and as a result, muscle performance decreases.
- **Alcohol** . Causes calcium blockage. In addition, under the influence of **alcohol**, degenerative changes in muscle tissue occur.
- **Preservatives** . They form compounds that are difficult to digest, making them practically useless for muscles.

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### **Nutrition for muscles - useful and dangerous products, recommendations**

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