



Nutrition for the health of the lacrimal glands - useful and dangerous foods, recommendations

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Abstract. When a person feels bad or gets something in his eye, he cries. The ability to cry in each of us is manifested by the release of tears.

This happens due to nervous irritation of the lacrimal apparatus, or it is associated with chemical irritation of the eyes, as, for example, when cutting **onions** .

Lacrimal glands are very important for the human body. Thanks to their moisturizing effect, the conjunctiva and cornea of the eyes are in working order. In addition, tears remove dust particles and neutralize microorganisms. Tears collect at the inner corner of the eyes, in the area of the “tear lakes,” from which they then flow down the cheeks and moisturize the nasal mucosa.

Key words: lacrimal glands, description, useful products, dangerous products, recommendations, folk remedies

This is interesting:

- The lacrimal glands produce up to 10 ml of tears every day.
- The bactericidal properties of tears are due to the protein lysozyme.
- With tears, harmful substances formed during nervous tension or stress are removed from the body.

For the proper functioning of the lacrimal apparatus, the diet must contain B vitamins, which strengthen the nervous system. **Vitamin A** is necessary for the mucous gland [1], **vitamin C** strengthens the vessels of the tear ducts [2], and **vitamin D** accelerates the regeneration of cells of the lacrimal apparatus [3]. Of the microelements and other useful substances , **iodine is very useful** , which has a bactericidal effect on the entire body [4], as well as lutein and phytoncide juglone.

Useful foods for the tear glands

1. **Chicken eggs** [5] are a complete source of lutein, which has a stimulating effect on the cells of the lacrimal glands.

2. **Chicken meat** is rich in proteins [6], which are an essential building material for the cellular structures of the eye glands. In addition, chicken meat is also rich in selenium and B vitamins [7]. It is this fact that makes chicken almost indispensable for the nutrition of glandular tissues.
3. **Walnuts** . [8] Contain a large amount of polyunsaturated acids, which have a beneficial effect on eye function. In addition, the phytoncide juglone contained in them increases the protective function of tears.
4. Fatty **fish varieties** . Just like nuts, fish oil is an important part of the human diet, thanks to which the cells of the lacrimal glands are regenerated.
5. **Rose hip** . [9] Contains a large amount of vitamin C, which strengthens blood vessels and has a stimulating effect on the glandular cells of the eyes.
6. **Carrot** . [10] Is a source of provitamin A. Nourishes the lacrimal glands.
7. **Chocolate** . Activates the work of the tear ducts, as a result of which they receive protection from stagnation and possible formation of stones.
8. **Sea kale** . Due to the large amount of iodine, it has a bactericidal effect on pathogenic microorganisms.
9. **Chicory** . Increases blood circulation and also accelerates metabolic processes occurring in the glands. Thanks to this, the lacrimal glands acquire protection from stone formation.

General recommendations

Thanks to the normal functioning of the lacrimal apparatus, not only the conjunctiva and cornea of the eyes and nasal mucosa are moistened, but also they are protected from all kinds of pathogenic microorganisms. Therefore, in order to provide the body with additional protection, you should also worry about the health of the lacrimal glands. To do this, you must follow the following recommendations:

- But avoid hypothermia of the eyes.
- Perform a light massage of the brow ridges daily.
- It is very important **to provide the eyes with adequate nutrition** , thanks to which the glands will receive everything they need for their functioning.
- Nervous tension and stress can also harm the condition of the lacrimal glands. Therefore, it is advisable to take life's difficulties lightly, assessing what is happening from a philosophical point of view.

Folk remedies for cleaning and restoring the functions of the lacrimal glands

Contrary to the popular belief that tears are a sign of weakness and powerlessness ("men don't cry"), it is tears that can protect the eyes from inflammation. For women, this, of course, will not be difficult; romantic stories will come to their aid... And for men, in order to cry, they should... cut onions!

This will help keep the lacrimal glands in working condition and protect them from stone formation.

Harmful foods for the tear glands

- **Alcoholic drinks** [11]. Due to their alcohol content, they have a negative effect on the tear ducts, resulting in impaired wetting of the conjunctiva and cornea.
- **Sausages, crackers and other shelf-stable products** . Contain substances that can negatively affect the chemical composition of tears.
- **Salt** (in large quantities). Causes changes in the lacrimal apparatus, as a result of which the production of tears is disrupted.

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