



Nutrition for spinal health - healthy and dangerous foods, recommendations

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Abstract. The spine is the main support of our body, its core. Forming the axial skeleton, it, together with the ribs attached to it, protects vital organs - the lungs and heart from mechanical damage, participates in body movements, in addition, it is thanks to the spine that the function of upright walking is carried out.

The spinal cord is located in the bony sheath of the spinal column, from which **nerve roots extend** to all organs and tissues of the body. Being a conductor of nerve impulses emanating from **the brain**, the spinal cord is divided into segments responsible for the functioning of different structures of the body.

Key words: spine, description, healthy products, dangerous products, recommendations, folk remedies

This is interesting:

- In humans, like in giraffes, the cervical spine consists of seven vertebrae. The only difference is that the length of one cervical vertebra in a human is 2.5-3 cm, while in a giraffe it is 31-35 cm!

Useful products for the spine

1. Greens and leafy vegetables. **They contain a large amount of organic calcium [1]**, which is necessary to ensure the strength of each vertebra. Celery, spinach [2], alfalfa and kale are especially useful.
2. **Dairy products**, cottage cheese [3] and cheese. Natural milk, kefir, yoghurts [4,5] and other dairy products are necessary for the strength of the entire bone system, including the spine. At the same time, the calcium contained in them does not tend to be deposited in the form of stones, but is entirely spent on the needs of the skeletal system of the body.
3. Onion and **garlic**. [6, 7] They protect the spinal cord from infectious diseases, strengthening the body's immunity.
4. **Carrot**. [8] An excellent antioxidant [9], carrots can slow down the aging process of the body. Drinking carrot juice with milk promotes the growth and regeneration of bone tissue.
5. Oily fish and **seafood**. They contain organic phosphorus [10] and polyunsaturated fatty acids, which are necessary for the strength of the vertebrae.

6. Jelly, cartilage and **seaweed** . These products are rich in substances that ensure normal functioning of the intervertebral discs.
7. Fish liver, **egg yolk** and butter [11]. **Rich in vitamin D** , which is responsible for the preservation of calcium in the vertebrae. [12] _
8. **Herring** and olive oil. Sources of vitamin F, which has an anti-inflammatory effect on the spine. [13]
9. Citrus fruits, currants [14] and **rose hips** [15] . They are reliable sources of vitamin C [16], which is responsible for nutrition of the spine.

General recommendations

To ensure the health of the spine, it is necessary to provide it with adequate nutrition, and also monitor the implementation of the following recommendations:

- You should sleep on a flat and fairly soft bed.
- Observe work and rest schedules. Lead an active lifestyle. It is necessary to do special therapeutic exercises for the spine, which will correct posture and strengthen the back muscles.
- Adhere to moderation in food. Fasting days or therapeutic fasting **well cleanse the body** of toxins and accelerate the removal of salts from the body. [17 – power systems]
- Strengthen the body's immunity. This will help prevent inflammation of the spinal cord and give you vigor and activity.
- To avoid vertebral deformities, you need to learn how to lift weights correctly.
- Uncomfortable shoes that lead to changes in gait should be avoided. As a result of wearing such shoes, there is a high risk of deformation of the spine and intervertebral discs.
- The following procedures have a positive effect on the health of the spine: massage, manual therapy, therapeutic exercises, joint exercises, hirudotherapy (leech treatment), and acupuncture.
- Of the non-traditional methods of treating the spine, the systems of Katsuzo Nishi and Paul Bragg have proven themselves well. Among the modern ones, Valentin Dikul's system is known all over the world. This man was not only able to overcome spinal disease, but also, with the help of his books and seminars, teaches other people to do the same.

Traditional methods for healing the spine

There are many different recipes for improving the health of the spine. The most popular remedy for diseases of the spine is kerosene. It is mixed with fir oil, beet juice or hot pepper. It is believed that kerosene compresses are good for rheumatism, radiculitis and sciatica.

Traditional medicine recommends, as additional remedies, the use of a decoction of birch buds, rubbing on birch buds, as well as hot compresses from **Jerusalem artichoke** .

Harmful foods for the spine

- **Coffee, tea, carbonated drinks** . They remove calcium from bone tissue, which softens the vertebrae, increasing the risk of spinal deformity.
- **Alcohol** [18]. Due to vasospasm, the nutrition of the bone and cartilage tissue of the spine, as well as the spinal cord, is disrupted.
- **Oatmeal** [19]. Makes it difficult to absorb calcium.

- **Fat meat** . Due to the content of large amounts of cholesterol, it can impair the patency of blood vessels, as a result of which the nutrition of the spine deteriorates [20].
- **Salt** . Excessive salt intake causes fluid retention in the body. This can also affect the health of the spinal cord, located inside the spine. It may be subject to compression due to the presence of large blood vessels filled with fluid next to it.

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