



## Nutrition for tendon health - healthy and dangerous foods, recommendations

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**Abstract.** A tendon is a connective tissue part **of a muscle** , one end of which smoothly passes into the striated muscle, and the other is attached to the skeleton.

The main function of a tendon is to transmit muscle force **to bones** . Only in this case can the required work be completed.

Tendons are divided into long and short, flat and cylindrical, wide and narrow. In addition, there are tendons that divide muscles into several parts and tendons that connect two bones into a tendon arch.

*Key words:* tendons, description, healthy products, dangerous products, recommendations, folk remedies

### **This is interesting:**

- The strongest tendons are the tendons of the legs. These are the tendons belonging to the quadriceps muscle and the Achilles tendon.
- The Achilles tendon can withstand a load of 400 kg, and the quadriceps tendon can withstand as much as 600.

### **Healthy foods for tendons**

In order for a person to perform a particular movement, it is necessary that the musculoskeletal system works without misfires. And since tendons are the connecting link of this system, they must receive nutrition appropriate to their status.

1. Jellied meat, aspic, jelly. Rich in collagen [1], which is an important component of tendons. The use of these products increases the elasticity of the tendons and helps them cope with heavy loads.
2. **Beef** . Champion in essential **amino acid content** . It is a building material for tendon fibers.
3. **Eggs** . [ 2 ] Due to their lecithin content, eggs are involved in normalizing the functions of the nervous system. In addition, they contain large amounts **of vitamin D** [ 3 ], which is essential for tendon health.

4. **Dairy** . Are a reliable source of healthy **calcium** [ 4 ], which is responsible for the conduction of nerve impulses along the muscle-tendon complex.
5. **Mackerel** . Rich in fats [ 5 – omega -3], which are important for protecting tendon fibers from overload. In their absence, the regeneration process slows down, and the tendon may simply rupture!
6. **Green tea** . Increases the resistance of tendons to stress. Increases their resistance to stretching.
7. **Turmeric** . [ 6 ] Due to the presence of **natural antibiotics** [7 **food antibiotic (new)**] , as well as elements such as phosphorus [ 8 ], iron [ 9 ], iodine 10] and **B vitamins** [ 1 1], turmeric promotes rapid tendon regeneration.
8. **Almonds** . Contains an easily absorbed form of **vitamin E** [12 ] . Thanks to this, almonds help tendons recover faster from injuries caused by overstretching.
9. **bell pepper** [1 3 ], citrus fruits. Contains large amounts of **vitamin C** [1 4 ], which is the most important component of collagen.
10. **Liver** . Rich in vitamin D3, as well as copper [ 15 ] and **vitamin A** [16 ] . Thanks to these substances, the heel of the tendon is strengthened, with the help of which it is attached to the bone.
11. **Apricot** [1 7 ]. Rich in **potassium** [1 8 ], responsible for the performance of the muscles that control the skeletal system.

### General recommendations

For tendons, a very important nutritional requirement is the presence of calcium and collagen-forming products. In their absence (or deficiency), the necessary substances will be automatically extracted from the muscles and bones. Thus, the normal functioning of the musculoskeletal system will be at risk!

If problems with tendons occur, doctors advise using ointments containing collagen.

### Folk remedies for normalizing tendon function

The following compresses will relieve pain and restore the functionality of the tendons:

- shepherd's purse;
- **wormwood** [1 9 ] (fresh leaves of the plant are used for a compress);
- **Jerusalem artichoke** .

### Harmful foods for tendons

- **Sugar, cakes and pastries** . When they are consumed, muscle tissue is replaced by fat. As a result, the tendons are deprived of their connecting component. In addition, their overall tone decreases.
- **Fats** . [ 20 ] Excessive consumption of fatty foods causes calcium blockage. As a result, the tendon does not receive enough calcium, and it begins to extract calcium from the bones.
- **Alcohol** [ 21 ]. Causes calcium blockage. In addition, under the influence of alcohol, degenerative changes occur in the transitional muscle-tendon tissue.
- **Coca Cola** . Contains phosphoric acid, which leaches calcium from bones.
- **Oatmeal** . [2 2 ] Contains phytic acid, which blocks the absorption of calcium and its subsequent transport to tendons and bones.

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