



Food for the blood - useful and dangerous foods, recommendations

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Abstract. Blood is the main fluid of the body that circulates through the blood vessels. It consists of plasma, red blood cells, white blood cells and platelets.

Blood is a vehicle for oxygen, nutrients and waste products. In addition to its transport function, it maintains normal body temperature and water-salt balance in the body.

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

This is interesting:

- The amount of blood in a person's body directly depends on his gender. In men, blood volume is 5 liters, in women it is limited to 4 liters.
- The color of blood depends on the substances that make up it. In vertebrates, the red color of blood is provided by the iron present in red blood cells.
- If all the red blood cells circulating in a person's blood are placed in a row, then the resulting ribbon can encircle the globe along the equator three times.

Healthy foods for blood

1. **Liver** . It is an essential source of iron [1], the lack of which can lead to low hemoglobin levels [2] and anemia. In addition, its deficiency manifests itself in a disease such as iron deficiency anemia. In addition, the liver contains such an important substance for the blood as heparin. It is a prophylactic against thrombosis and myocardial infarction.
2. **Fatty fish** . An important product for the prevention of the cardiovascular system. It is thanks to fish that in countries where it is one of the main foodstuffs, diseases such as coronary artery disease, coronary insufficiency, heart attack, etc. practically do not occur. The fats contained in fish control blood cholesterol levels , as well as sugar levels. In addition, thanks to the taurine contained in fish, blood pressure normalizes.

3. **White cabbage** [3] and **broccoli** [4,5] . Rich in folic acid, which helps synthesize new blood cells. In addition, they contain vitamin K [6], which is responsible for blood clotting. Thanks to vitamin P, which is also found in cabbage, the walls of blood vessels are strengthened.
4. **Citrus. The vitamin C** they contain [7] is responsible for the body's absorption of iron [8]. Fiber fights cholesterol [9,10], and **vitamin A** [11] , together with organic acids, is responsible for sugar levels.
5. **Apples** . [12] They contain pectin, which regulates blood sugar levels and binds bad cholesterol.
6. **Nuts** [13]. Due to their composition, they are an important product for the blood. Nuts contain such important nutritional components as fats [14], potassium [15], magnesium [16], iron and vitamins A, B [17], C.
7. **Avocado** . [18] Binds excess cholesterol and thanks to this it takes its rightful place in the list of foods that are healthy for the blood. The substances it contains help normalize hematopoiesis and blood circulation.
8. **Pomegranate** . [19] Due to the iron it contains, this fruit is prescribed as one of the first medicines for iron deficiency anemia. In addition, pomegranate is used to deactivate excess cholesterol.
9. **Honey** _ [20] The best choice for blood is to consume buckwheat honey, which contains almost the entire periodic table. Here you can find iron and organic acids, as well as potassium with magnesium and other useful trace elements. Thanks to honey, blood cells such as leukocytes, erythrocytes and platelets are normalized.
10. **Beet** . [21] It is a natural hematopoietic agent. Promotes the formation of red blood cells and strengthens the walls of blood vessels. Goes well with **carrots** [22], cabbage and tomato [2 3] .

General recommendations

In order for a person to be strong and healthy, the quality of his blood is very important.

Eating large amounts of **iron-containing foods** is the main means of combating **anemia** , and, consequently, weakness and dizziness caused by low levels of hemoglobin in the blood.

Therefore, it is necessary to eat more pomegranates, apples, buckwheat porridge [24] and other foods rich in iron.

To ensure healthy blood, you need to spend more time in fresh, oxygen-rich air. A very good option is the seashore or a summer pine forest. The sea, in addition to oxygen, contains a large amount of **iodine** [25] , and in the forest the air is saturated with phytoncides.

Traditional methods of blood purification

To cleanse the blood of toxins, you must use the following products:

- **Cranberry juice** [26]. Contains antioxidants [27] that prevent leukemia.
- **Dandelion** . [2 8] Is a powerful hepatoprotector. And a clean and healthy liver filters blood better.
- **Carrot and apple juices** . [2 9 , 30] Cleanses the blood, charges the body with vigor and health.
- **Beetroot juice** . [31] Has a powerful cleansing effect. Use only in a mixture with other juices (carrot and apple), gradually reducing the dilution.

Harmful blood products

- **Fats** . [32] Large amounts of fat cause **calcium blockage** , which is necessary for cellular balance and maintaining osmosis in the blood. In addition, fats contain large amounts of cholesterol.
- **Fried foods** . Substances contained in fried foods cause changes in the composition of the blood, resulting in disturbances throughout the body. [33 - cooking methods]
- **Alcohol** [34] . Under the influence of alcohol, blood cells undergo destruction and dehydration. As a result, the blood does not perform its functions.
- **Products containing preservatives** . They form poorly soluble compounds that blood cells cannot use to nourish the body. In this case, the body is poisoned with harmful ballast substances.

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[The HTML version of the article](#) is available on the edaplust.info website.

Received 07/15/2020

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