



Nutrition for vascular health - healthy and dangerous foods, recommendations

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Abstract. All processes occurring in our body directly depend on the normal functioning of blood vessels. It is through them that blood and lymph flow; without them, human existence is simply impossible.

All vessels are divided into lymphatic and blood vessels. **Lymph** flows through lymphatic vessels , arterial and venous **blood flows through blood vessels** .

Arterial vessels (*arteries*) have a high tone, and the blood moving through them flows very quickly in the direction from the heart to the periphery. Venous vessels (*veins*), through which blood flows in the opposite direction, are, on the contrary, relaxed, and to prevent blood from stagnating, they have venous valves.

Arteries play the role of a transport vehicle for blood enriched with oxygen and nutrients. Venous vessels, returning back, carry blood saturated with metabolic products.

Key words: vessels, description, useful products, dangerous products, recommendations, folk remedies

This is interesting:

- The total length of blood vessels is 100 thousand kilometers. Over the course of 50 years, over 175,000,000 liters of blood pass through them. The speed of blood movement (through arteries) is 40 km per hour!

Useful products for blood vessels

1. **Walnuts** . [1] Due to the high content of vitamins and microelements, they are a very beneficial product for blood vessels. They participate in supplying blood vessels with nutrition, thanks to the phytoncide they contain - juglone, and also increase the defenses of the entire body.
2. **Chicken eggs** . [2] In terms of nutritional content, few foods can compete with eggs. They contain vitamins, minerals, fats [3], amino acids and other substances important for life.

3. **Carrot** . [4] Beta-carotene [5], which is found in carrots, can not only slow down the aging process, but also prevent eye diseases. But its most important effect is to ensure the elasticity of blood vessels.
4. Fatty **fish** . Polyunsaturated acids contained in fish, together with beta-carotene, help provide blood vessels with strength and elasticity.
5. **Chicken meat** . It is a source of protein [6], which as a building material is involved in the construction of new blood vessels.
6. **Sea kale** . Contains a large amount of iodine [7], which increases the protective properties of blood vessels.
7. **Avocado** . [8] Prevents the formation of cholesterol plaques, which can become a significant obstacle to the movement of blood.
8. Black chocolate. Eating chocolate stimulates the release of serotonin, which, by increasing the level of oxygen in the blood, provides blood vessels.
9. **Spinach** . [9] Good source of antioxidants. Protects blood vessels from degeneration. Participates in maintaining water-salt balance.

General recommendations

For the body to function properly, it is necessary that all its organs and systems be “fed” and healthy. This is exactly what the vessels do. But they also require attention. To ensure that the vessels are in working condition, the following recommendations must be followed:

- Avoid hypothermia.
- Exercise.
- Avoid smoking and drinking alcohol.
- Spend more time in the fresh air.

Folk remedies for cleansing and healing blood vessels

In order for our body to function normally, all the vessels in it must be clean and healthy. In order to achieve this, you must periodically do the following:

For two weeks, take 4 tablets of activated carbon (daily). During meals, eat 50 grams of avocado. Wash down with a decoction of **dried apricots** , figs and raisins.

Harmful products for blood vessels

- **Alcoholic drinks** [10] . They cause vasospasm and, as a result, starvation of all organs and tissues.
- **Salt** . Excessive salt consumption increases blood pressure, which can cause blood vessels to become deformed.
- **Products containing preservatives** . They contain substances harmful to blood vessels that can disrupt the integrity of the vascular wall.

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