



Nutrition for lymph health - healthy and dangerous foods, recommendations

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Abstract. Human life, without the presence of lymphatic vessels in it, would be in constant danger from a variety of pathogenic microorganisms. It is the lymphatic system that plays the role of a biological filter that protects the body from viruses, bacteria, cancer cells and other negative factors of modern ecology.

The lymphatic system consists of nodes connected by vessels. Through them, a colorless liquid that does not contain red blood cells, but is rich in lymphocytes—lymph—circulates around the clock. As a result of circulation, lymph from distant parts of the body enters the central ones, passing near the large veins on which the lymph nodes are located. In the lymph nodes, the lymph is cleared of impurities and, enriched with antibodies, flows further.

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

This is interesting:

- Lymph owes its origin to blood, from the plasma of which it is formed.
- The human body contains from one to two liters of lymph.
- Lymph, translated from Latin, means “clean water”.

Healthy foods for lymph

1. **Carrot** . [1] Due to its beta-carotene content, carrots can significantly slow down the aging process. [2] In addition, it prevents the destruction of lymphocytes and helps in the production of antibodies.
2. **Walnuts** . [3] Due to the large amount of vitamins and microelements they contain, nuts are an important product for the entire lymphatic system. They participate not only in the nutrition of lymph nodes and blood vessels, but also increase the protective properties of lymph, thanks to the phytoncides they contain - juglone.

3. **Chicken eggs** . [4] Thanks to lutein, it has a stimulating effect on the regenerative abilities of lymph.
4. **Chicken meat** . It is a source of easily digestible protein [5], which, as a building material, is involved in the creation of new blood vessels.
5. **Sea kale** . Famous for its large amount of iodine [6]. Thanks to this, it is able to increase the immune properties of lymph.
6. **Fatty fish** . The polyunsaturated acids it contains help maintain the electrolytic balance of the lymph, and also ensure the health of the blood vessels themselves.
7. **Black chocolate**. Eating chocolate stimulates the release of serotonin, which in turn activates the lymphatic vessels. As a result of this, lymph circulates faster, and all organs and systems promptly receive the antibodies they need to fight pathology.
8. **Spinach** . [7] Good source of antioxidants [8] . Protects lymphoid tissue from degeneration. Participates in maintaining the water-salt balance of lymph.

General recommendations

For normal functioning of the body, it is necessary that all its organs and systems are protected from the negative effects of the environment. It is this role that the lymphatic vessels perform. But they also require attention. To ensure that the entire lymphatic system is in working order, the following recommendations must be followed:

- **Avoid hypothermia**. Lymph nodes are very sensitive to colds.
- **Exercise**. This will maintain the tone of the lymphatic vessels.
- **Avoid smoking and drinking alcohol**. Thanks to this, the lymphatic vessels will remain functional for many years, and the lymph will freely reach the most remote part of the body.
- **Spend more time in the fresh air**. Walking will strengthen the defenses of the entire lymphatic system.

Folk remedies for cleansing and healing lymph

In order to provide the body with healthy lymph, it must first be cleansed. To do this, the following technique is used:

Every day, for two weeks, take 4 tablets of activated carbon, 2 in the morning, and 2 in the evening. During the break between charcoal meals, take a composition consisting of crushed serviceberry and **black currant berries** [9] , dried apricots, dates [10], figs and prunes. Take everything in equal quantities. Add 3 tablespoons of honey [11] to 1 kg of mixture , preferably buckwheat. Stir, take a dessert spoon 3 times a day. Wash it down with a decoction of chaga or Ivan tea [12] .

Harmful foods for lymph

- **Alcohol** . They cause vasospasm and disrupt lymph circulation.
- **Salt** . Excessive salt consumption increases the pressure inside the blood vessels, causing the blood vessels to “risk” rupture.
- **Sausages, canned food and crackers** . They contain substances harmful to lymph, which disrupts the filtering mechanism of the lymph nodes.

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