



Nutrition for healthy liquor - healthy and dangerous foods, recommendations

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Abstract. Liquor is the cerebrospinal fluid that circulates in the cavities of the brain and spinal cord. It is necessary for the proper functioning of brain tissue.

Protects the brain from mechanical damage. Ensures the maintenance of constant intracranial pressure, as well as water and electrolyte balance. Responsible for metabolic processes between blood and brain.

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

This is interesting:

- Liquor is the only liquid whose examination allows us to assess the state of the central nervous system!

Useful products for liquor

1. **Walnuts** . [1] Thanks to the vitamins and microelements they contain, nuts inhibit the aging process of brain tissue. And since cerebrospinal fluid is responsible for metabolic processes, the health of the entire body is directly related to the health of the brain.
2. **Chicken eggs** . [2] Eggs are a source of lutein, which reduces the risk of strokes and stimulates the normalization of cerebrospinal fluid production.
3. **Black chocolate**. Eating chocolate causes the body to release serotonin, which activates the cerebrospinal fluid pathways. It also has a beneficial effect on brain tissue due to the presence of theobromine (a substance similar to caffeine, but without its negative effects).
4. **Carrot** . [3] Due to its beta-carotene content, it can slow down the aging process [4]. In addition, it prevents the destruction of brain cells and is responsible for maintaining constant intracranial pressure.
5. **Sea kale** . Contains a large amount of iodine [5] . Responsible for the synthesis of cerebrospinal fluid and its cellular composition.
6. **Fatty fish** . Fatty acids contained in fish are actively involved in maintaining the mineral and vitamin composition of the liquid.

7. **Chicken** . Selenium [6] and B vitamins [7], which are contained in chicken meat, are responsible for the integrity of the vessels through which cerebrospinal fluid circulates.
8. **Spinach** . [8] Good source of antioxidants [9], vitamins A [10], C [11] and K [12]. Participates in maintaining water-electrolyte balance.

Recommendations

For the normal functioning of the entire body, it is necessary that all brain structures are protected from the negative effects of the environment. This is exactly what the liquor does. All we can do is take care of the normal functioning of the liquor channels. To do this, it is advisable to exclude traumatic sports, establish a daily routine, provide the body with clean (oxygen-saturated) air, and most importantly, normalize nutrition.

Folk remedies for normalizing cerebrospinal fluid production

In order to normalize the production of cerebrospinal fluid, the following composition is used in folk medicine.

Take 1 **avocado** [13] , grind. Add 3 crushed walnuts. Add 150 grams of lightly salted **herring** , ground to a paste (remove the bones first). Pour in 250 ml. pre-dissolved **gelatin** . Stir and refrigerate.

The resulting jelly should be consumed once a week.

Harmful products for liquor

- **Alcohol** . They cause vasospasm and disrupt the circulation of cerebrospinal fluid.
- **Salt** . Excessive salt intake increases intracranial pressure, which negatively affects the brain. Due to compression of the brain areas, oxygen starvation occurs, which leads to poor functioning of the brain.
- **Fat meat** . Due to the high cholesterol content, it may be deposited on the walls of blood vessels. And since cerebrospinal fluid is the connecting link between the brain and blood, the cholesterol barrier can do a disservice to the entire body. [14]
- **Sausages, sweet carbonated drinks, crackers and other shelf-stable products** . They contain chemicals harmful to the cerebrospinal fluid that can disrupt its water-salt composition.

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