

Myocardial infarction - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: lazareva.v@edaplus.info, eliseeva.t@edaplus.info

Abstract. During myocardial infarction, partial death of the heart muscle occurs, leading to serious disorders in the entire cardiovascular system. During a myocardial infarction, blood flow to the contracting heart muscle weakens or stops altogether, causing muscle cells to die.

Key words: Myocardial infarction, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

The reasons may be:

- Hypertension [1] ;
- Atherosclerosis [2] ;
- smoking;
- coronary heart disease [3] ;
- sedentary lifestyle;
- overweight.

Symptoms of the disease:

1. Severe pain behind the sternum in the heart area, often radiating to the neck, arm, back;
2. Changes in heart activity recorded using an electrocardiogram;
3. Violation of the biochemical composition of the blood;
4. There may be fainting, cold sweat, severe pallor.

Due to the fact that the symptoms are not pronounced, and myocardial infarction can manifest itself in different ways, this disease is often mistaken for other pathologies. And only a comprehensive examination, including ultrasound, tests, and a cardiogram, can make the correct diagnosis and save the patient.

Useful foods for myocardial infarction

Proper nutrition during the rehabilitation period can improve heart function and speed up recovery processes in the myocardium.

In the first ten days after a heart attack, you need to follow a strict diet, which includes only low-calorie foods. It is necessary to limit salt and liquid intake. It is recommended to consume liquid porridges, fruit and vegetable purees and pureed soups. For meat dishes, you can have boiled lean beef.

In the second half of the rehabilitation period (after two weeks), everything is taken the same, but it can be boiled, not pureed. Salt intake is limited.

After a month, during the period of scarring, foods enriched with potassium are needed [3]. It increases the outflow of fluid from the body and increases the ability of the muscle to contract. It is useful to eat dried fruits, dates [4], bananas [5], and cauliflower.

You should eat apples as much as possible [6], they help cleanse the entire body of toxins and strengthen the walls of blood vessels [7].

It is recommended to replace sugar with honey [8], as it is a natural biostimulant. Honey enriches the body with essential microelements and vitamins, dilates heart vessels, improves blood supply to the body and increases its protective reactions.

It is useful to eat nuts, especially walnuts [9] and almonds. Walnuts contain magnesium [10], which has vasodilating properties, as well as potassium, copper [11], cobalt [12], and zinc [13], which are necessary for the formation of red blood cells.

Birch sap is very useful [14], you can drink from 0.5 liters to 1 liter per day.

It is useful to eat turnips, persimmons [15], and drink beet juice [16].

People who have suffered a myocardial infarction need to introduce seafood into their regular diet, as they contain iodine [17], cobalt and copper. These microelements thin the blood [18] and prevent the formation of blood clots.

Folk remedies for the treatment of myocardial infarction

During the rehabilitation period, it is very useful to take such remedies.

1. Mix freshly squeezed onion [19] juice in equal parts with honey. Take two or three spoonfuls a day.
2. A mixture of chokeberry and honey in a 1:2 ratio is very useful. Take a tablespoon once a day.
3. Lemon zest improves the functioning of the heart muscle [20]. It must be chewed fresh.
4. In the first days of rehabilitation, carrot juice is very useful [21]. You should drink half a glass of freshly squeezed juice, with the addition of a little vegetable oil, twice a day. It is very useful to combine carrot juice with a weak infusion of hawthorn as tea.
5. A tincture of ginseng root with honey is effective. You need to mix 20 grams of ginseng root with ½ kg of honey and leave for a week, stirring regularly. This tincture also helps well with low hemoglobin. Take ¼ teaspoon three times a day.

Dangerous and harmful products for myocardial infarction

Patients who have had a myocardial infarction due to obesity [22] need to completely reconsider their diet and subsequently, by contacting specialists, create a diet aimed at gradually reducing body weight.

People who have suffered a heart attack for some other reason must completely eliminate fatty, fried, and flour products from their diet until complete rehabilitation. It is forbidden to consume foods that lead to bloating: legumes, milk, flour products. The consumption of fatty and fried foods is completely contraindicated throughout the entire post-infarction period.

Excluded from the diet: smoked foods, marinades, mushrooms, salted cheeses. Dishes cooked in meat or fish broth are contraindicated.

When enriching your body with potassium, be careful with gooseberries, radishes [23], sorrel [24], black currants [25], since in addition to potassium, they also contain oxalic acid [26], which is prohibited for heart diseases.

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