

## PLANTS AND FOODS THAT DILUTE BLOOD AND WORSEN BLOOD RHEOLOGY IN ARTERIAL HYPERTENSION

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Thick blood worsens the delivery of oxygen, hormones, and nutrients to cells. It can lead to heart attacks, strokes, and kidney damage, so doctors prescribe anticoagulants to reduce its viscosity. However, there is a list of foods that naturally thin the blood. Research shows that some foods effectively improve circulation and reduce the risk of vascular problems, which can negatively affect the heart, brain, intestines, eyes, and other organs.

Hypercoagulation, or the abnormal process of blood clotting, is triggered by several factors:

- Excess red blood cells
- Chronic and genetic diseases (such as systemic lupus erythematosus, factor V Leiden mutation, and G20210A prothrombin gene mutation)
- Excess of certain proteins

Other contributing factors include chronic inflammation, smoking, diabetes, poor dietary habits, and elevated "bad" cholesterol. This condition is often asymptomatic until a significant thrombus forms.

### **Symptoms of Concern**

- Dizziness and weakness
- Unexplained bruising
- Blurred vision
- Shortness of breath
- Headaches
- High blood pressure
- Gout

Blood clots and recurrent miscarriages are serious concerns. Anyone experiencing these issues, especially with a family history of thrombosis, should undergo a coagulogram (hemostasiogram) - a comprehensive hematological study to assess the state of the hemostatic system.

### **What Thickens Blood: Foods to Avoid**

If there is an increased risk of blood clots or if blood clots have already formed, doctors may prescribe antiplatelet or anticoagulant therapy. However, medications alone may not be effective without proper nutrition and lifestyle changes. It's important not only to stay hydrated and eat vegetables, herbs, and berries, but also to avoid an excess of vitamin K. This means stopping multivitamin complexes and reducing the consumption of foods high in vitamin K.

Vitamin K1 is found in plant-based foods, while vitamin K2 is found in animal products. The highest concentrations of fat-soluble vitamin K are in dark green leafy vegetables such as parsley, spinach, basil, cilantro, lettuce, broccoli, green onions, white cabbage, and Chinese cabbage. Other undesirable foods in the diet include dandelion leaves, celery root, prunes, pine nuts, and cashews.

Some fruits and berries also contribute to hypercoagulation. The anti-ranking includes kiwi, blackberry, blueberry, and pomegranate. Among animal products, chicken meat, beef, and goose liver contain the most vitamin K and should be excluded. Instead, consume more natural foods that help reduce blood viscosity.

## **10 Products for Naturally Thinning Blood**

### **1. Turmeric**

The active ingredient in turmeric is curcumin, which gives it its golden color and acts as a safe anticoagulant, preventing blood clots, promoting cholesterol breakdown, and cleansing blood vessels. Turmeric can be added to soups, milk, smoothies, and teas.

### **2. Cinnamon**

Cinnamon and its close relative, cassia, are powerful anticoagulants. These seasonings reduce inflammation and lower blood pressure, but should be used in moderation. Studies have shown that long-term, excessive consumption of cinnamon, especially cassia, can damage the liver due to its high coumarin content.

### **3. Ginger**

Ginger contains salicylates, the natural compound from which acetylsalicylic acid (aspirin) is synthesized. The anticoagulant effect of natural salicylates can be obtained by regularly consuming fresh or dried ginger. It can be added to tea, pumpkin soup, baked goods, and juices.

### **4. Cayenne Pepper**

The hottest red capsicum is high in salicylates. Despite its benefits, not everyone can tolerate cayenne pepper as a seasoning or in capsule form.

### **5. Salmon**

Omega-3 fatty acids in salmon help normalize blood consistency and reduce cholesterol levels. These beneficial fats can also be obtained from other fatty fish such as mackerel, herring, tuna, and sardines.

### **6. Wheat Germ Oil**

This healing oil is rich in vitamin E, a gentle and safe anticoagulant. 100 grams of wheat germ oil contains 255 mg of vitamin E, and a tablespoon provides 135% of the daily value. Sunflower seeds, sunflower oil, almonds, and hazelnuts also contain vitamin E and help reduce blood clotting.

### **7. Ginseng**

A popular herb in traditional medicine, ginseng improves circulation, lowers blood sugar, and effectively controls blood pressure by slowing clot formation. Ginseng can be taken as decoctions, tinctures, or capsules.

### **8. Garlic**

Garlic has a spicy taste, natural antibiotic and antimicrobial properties, and antithrombotic action. Due to its blood-thinning effects, the American Academy of Family Physicians advises stopping garlic powder and the fresh product 7-10 days before any surgery.

### **9. Berries**

Berries like strawberries, blueberries, cranberries, and raspberries are rich in antioxidants. They help improve circulation and reduce blood clotting.

### **10. Citrus Fruits**

Oranges, lemons, limes, and grapefruits contain vitamin C and antioxidants, which help reduce blood viscosity and improve overall heart health.

Including these natural blood-thinning foods in your diet can help maintain healthy blood flow and reduce the risk of vascular problems.

### 1. Pineapple

This tropical fruit contains the beneficial enzyme bromelain, which is used in the production of drugs that treat cardiovascular diseases by breaking down blood clots and reducing their formation. Bromelain also helps digest protein foods and has a powerful anti-inflammatory effect.

### 2. Ginkgo Biloba

The extract from Ginkgo biloba plants thins the blood and promotes the resorption of fresh blood clots. Laboratory studies have shown that Ginkgo biloba's effects are similar to those of the drug Streptokinase, which is prescribed to prevent re-thrombosis and reduce the frequency of deaths due to myocardial infarction.

### Preventing Excessive Blood Coagulation and Additional Ways to Combat the Condition

In severe cases, natural salicylates are not as effective as medications but provide additional therapeutic support. Doctors advise not to rely solely on medications and food. To reduce the risk of blood clots and other complications, lifestyle changes are necessary:

- Quit smoking
- Lose weight if you have a high body fat percentage
- Maintain daily physical activity
- Avoid sitting for long periods; change body position frequently
- Prevent dehydration

All medications have potential side effects, and certain foods should be avoided while taking them due to the risk of interactions. It is advisable to change your diet under the supervision of your doctor and a nutritionist and to regularly undergo tests to monitor your health status.

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