



What you can do for healthy blood circulation

The circulating blood in your body changes its flow ability (viscosity) due to heat, it becomes more viscous. Your body is challenged to make sure that it still gets everywhere in your body without problems. Blood is a fluid organ, because about 55% consists of blood plasma, which itself contains 90% water. The other 45% consist of white blood cells (defense cells), platelets (for blood clotting in case of injuries) and red blood cells (for oxygen transport).

One of the wonderful abilities of your body is described by the Fåhræus-Lindqvist effect: the viscosity of blood decreases due to the deformability of red blood cells when the diameter of blood vessels decreases. This property prevents the blood from getting stuck in the narrower vessels. The effect is supported by the ability of the vessel walls to push the red blood cells into the center of the blood stream. This effect can be compromised for various reasons, e.g. due to deposits on or inflammation of the vessel walls. As a result, blood pressure rises. During exertion or in stressful situations, your body increases blood pressure for a short time, which makes sense in order to ensure the additional oxygen demand of stressed muscles or organs.

Pathological "high blood pressure" is only present when the systolic value of 140 mmHG and/or the diastolic value more than 90 mmHG has been measured three times at different times. "Idiopathically elevated blood pressure" (in 95% of all people with this symptom!) means that the cause for it is unknown; only 5% are caused by hormonal imbalances or due to kidney damage. With increasing age, blood pressure rises because the vessels are less elastic.

You can support your blood circulation (not only in summer):

- To keep your blood flowing in hot weather, water that we excrete through sweating must be replenished in the blood plasma: Drink plenty of still water (min. 1.5 l, more in hot weather!) before you are thirsty. Feeling thirsty shows that some body functions – lacking oxygen- have already switched to "economy mode". Concerning the brain, clear thinking is compromised.
- Eat healthy food and season tasty: garlic [1] or pineapple [2] prevent inflammatory processes and thus also deposits on the vessel walls, ginger [3] and turmeric [4] not only spice up your dishes, but they also have blood-thinning properties.
- Reduce using your cell phone: This creates "coin rolls", looking like staples of red blood cells sticking together. This restricts their mobility through the vessels [5].
- Activate legs: to prevent blood from flowing back, valves are built into the veins, the vessels that carry deoxygenated blood back to the heart. Exercise, elevating the legs, Kneipp water jets or treading water strengthen and relieve the veins. Thus, there is no need for the body to promote back up transport through the veins by increasing blood pressure in the arteries.

Taking aspirin? Not a good idea for anyone who is not at risk of heart attack. That's because bleeding, allergic reactions, and drug interactions are serious risks [6].

Have a great summer!

Read more:

[1] <https://greenmedinfo.com/blog/aged-garlic-extract-heart-health>

[2] <https://righthomeremedies.com/pineapple-health-benefits-and-side-effects/>

[3] <https://greenmedinfo.com/substance/ginger>

[4] <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric>

[5] <https://www.sunnysidehealthandwellbeing.com.au/post/emf-induced-rouleaux-blood-and-health-risks>

[6] <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/daily-aspirin-therapy/art-20046797?pg=2>

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