

Violation of Arterial Blood Flow

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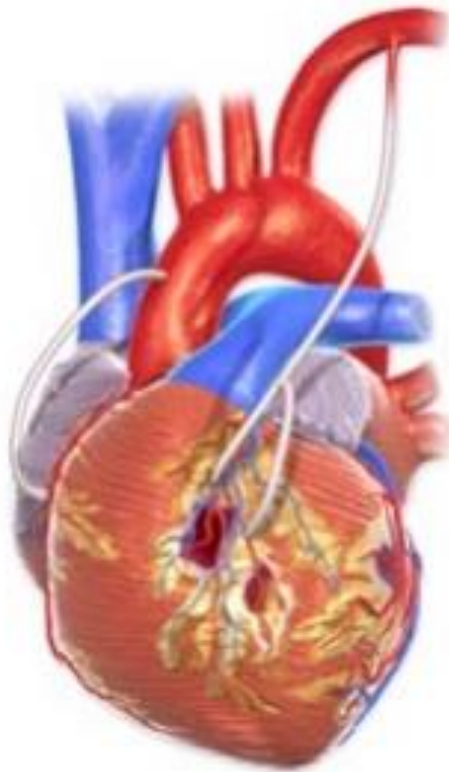
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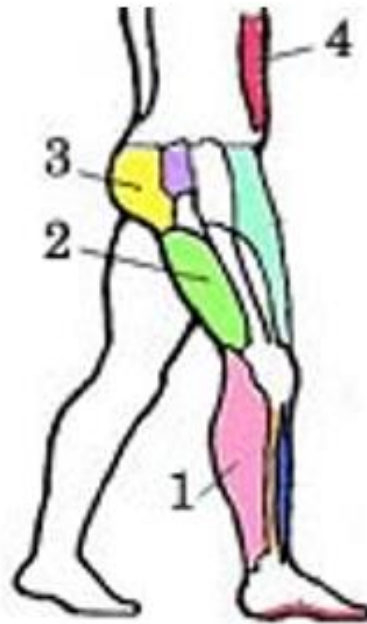
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Ischemic heart disease is one of the most common diseases, ranking first in terms of mortality. Myocardial damage occurs as a result of a decrease or cessation of the supply of oxygenated arterial blood to the heart muscle.



If you look at this problem from the position of hydraulics or mechanics, it is striking how much medicine does not understand the operation of the circulatory system. Considering the violation of arterial blood flow, they do not understand that in a smooth artery, blood freely descends to the feet.



At the same time, they do not talk about a violation of the venous outflow, the venous-muscular pumps do not work, raising the spent arterial blood up for purification and oxygenation in the lungs, before it is supplied to the heart. Performing bypass surgery, when the blood is immediately redirected from the artery to the heart at the exit from the heart, does not improve blood flow in the artery itself. The heart works for itself, but not

for the nutrition of the body systems. Therefore, with stagnation of blood, the artery becomes covered with plaques. Water lilies do not grow in a fast river, it is overgrown with grass. With the turbulent movement of the liquid, water pipes are quickly cleared of deposits on the walls. The installation of mesh stands that expand the vessel solves the problem, but only for a short time.



Plaques are deposited on it faster than on a smooth vessel. It's not about cholesterol, which doctors love to deal with. In the human body, it plays an important role, being a building material for cell membranes and hormones. About 80% of cholesterol is formed in the liver and only 20% enters the body with food: meat, poultry, fish, dairy products. High-

density lipoproteins move cholesterol in reverse, from the vessel wall back to the liver. Therefore, to determine the risk of developing atherosclerosis, an analysis of the ratio of lipids is necessary; "bad" and "good".



But as has been repeatedly noted, the restoration of arterial blood flow is achieved by proper walking, laid down by nature by a certain sequence of contraction of the muscles of the feet, hips and abdominal region. This is when properly made and selected shoes are used that do not disrupt the functioning of the muscles and there are no deformations of the arches of the feet. Physiology suggests that skeletal muscles are responsible for the metabolism of body cells, but for some reason doctors forgot about it. Who can say how to restore venous blood flow, that the reason lies in the violation of the biomechanics of walking? Who and where in the world corrects deformities of the feet and spine? And how can this be done when 90% of the shoes on the store shelves are not properly made. Its support points do not correspond to the support points of the foot skeleton. When making insoles, foot prints are taken in a sitting or lying position, not

realizing that the load on the foot is vertically directed and when walking is 3-5 times greater than body weight. In this case, it is necessary to take into account the position of the General Center of Gravity of the body and its displacement from the vertical, due to the presence of an anatomical difference in the lengths of the legs for each of us.

That the insoles should bring the skeleton of the arches and the overlying structures of the skeleton into a neutral position. Behind all this, the main task of correcting the feet and spine is hidden from the doctor - restoring the pumping function of muscles, the metabolism of body cells. Until the main task of correcting the feet, the musculoskeletal frame of the body is not to restore the processes of lymph and blood circulation in the body, then it will be impossible to normalize the work of the heart and other organs.



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