

The Effect of Food Intakes on Musculoskeletal Pains

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Abstract

Some certain foods or drinks have specific effects on musculoskeletal frameworks in time of pain. For instance, the extra intake of salt declines muscular spasms (or cramps) in different limbs. The regular consumptions of milk products reduce the upper or lower musculature weakness and pain. The hot drinks and foods as other examples can help to mitigate the abdominal pains. Indeed, warm drinks boost memory through lowering the pressures in different brain sections (or lobes) in fatigue time. Some plant-based diets assist to the better digestion through faster and more smooth facilitation of food transformation in stomach areas. The plant-based dietary also can decline the heart muscle shocking impulse. However, some people for different reasons (i.e. cultural) do not consume some specific foods and drinks that can be kind of disadvantages for musculature system. Nonetheless, increasing the knowledge of daily food intakes can significantly help to improve musculoskeletal health in different individual in an uncertain condition.

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Introduction

Many of individual suffer musculoskeletal pain (i.e. pains in wrist, spin, hip, knees) in daily life. The pains in musculature can be vary in different individual. It can appear without specific reason or it can be just a spasm (or cramp) for different reasons. Nonetheless, some types of foods or drinks can reduce or prevent musculoskeletal pains.

Regarding this, for instance, the amount of the salt intake in dietary can amend the unknown spasms or muscular discomforts which one's suddenly can have in body (i.e. Shin camp). An increase in salt consumption in daily diet can help to disappear this kind of spasm in short term. However, the enhanced salt amount should not go over the standard usage [1].

Regular consumptions of some diary product such as milk and yogurt can influence on musculoskeletal matrix over time. Lack of milk products can increase the joints and muscular pain in spine , hip and knee which dramatically can shrink the good posture and may decline the mobility -related activity (i.e. rising from a chair) in different young and old age individuals [2].

Some evidence shows that the use of hot drinks or hot foods decrease the abdominal pain or pains in surrounding areas. For example, historically a hot ginger tea can be used to mitigate the stomachache in certain times. A warm tea can also reduce the headache and can be a good way to relax when body is in fatigue condition [3].

The plant-based foods (i.e. Mediterranean diet) are great way to reduce the digestive difficulties. The right planet - based foods (fruits, vegetables, and wholegrains) empower the heart health and the brains capabilities if they could consume regularly [4].

Conclusion

There are some formal and conventional evidence that indicate to pain-relieving effects of dietary consumptions on musculoskeletal pains. In fact, the body musculature and framework improve with certain foods and drinks in specific times while pains. However, the cautions should be considered in this relation to prevent any other upcoming health issues.

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