

MULTIPLE STRUCTURES IN FUNCTIONAL FOODS IMPORTANCE OF FOOD PRODUCTS

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ABSTRACT

Oxygen is necessary for a person to lead a healthy and active lifestyle, because it is an element that the human body constantly needs. Unfortunately, in the last 200 years, the amount of oxygen in the atmosphere has decreased by half. The main reason for this is an ecological cataclysm. For the normal functioning of all organs and tissues of the human body, the amount of pure oxygen in the ambient air must not be less than 20%. The rapid pollution of the atmosphere and the general deterioration of the ecological situation have led to the fact that the amount of pure oxygen in large cities, especially in some of its regions, does not exceed 10-12% from time to time. Because of this, the majority of the population suffers directly or indirectly from oxygen deficiency.

KEYWORDS: *Chronic Fatigue, Brain Activity, Accelerates Blood, Weight, Pulmonary Hypertension.*

INTRODUCTION

It has been scientifically proven that chronic fatigue, irritability, insomnia, depression, frequent illnesses, metabolic disorders, decreased immunity and other conditions are associated with hypoxia. According to the results of scientific research, if a healthy person spends little time in the open air or leads a less active lifestyle, it is possible to notice the symptoms of hypoxia [1-10].

Oxygen has been used in medicine since the end of the 19th century. Over the years, representatives of various fields of medicine have been studying the processes of oxygen's impact on the human body. As a result of the conducted scientific researches and experiments, the competence in the use of oxygen in medicine was increased. As a result, the use of oxygen pillows, barocameras, and oxygen baths was introduced. These works led to the formation of the department of oxygen therapy (oxygenoterany) in the field of medicine.

As a result of a lack of oxygen in the blood, brain activity is impaired, the frequency of heart contractions increases, the number of erythrocytes in the blood increases, immunity decreases,

the aging process of the body is significantly accelerated, the probability of respiratory diseases increases, the risk of a stroke or myocardial infarction occurs, pulmonary hypertension develops due to constriction of blood vessels [11-20].

Food products with a foam structure can prevent the body from oxygen deficiency. Chronic fatigue syndrome can be overcome with the help of these products. The study of the formation of the mechanism of fatigue showed that it begins with a complex of symptoms of oxygen deficiency. Therefore, consumed foamed products serve as a prevention of pathological condition in the body.

The principles of the effect of foam products on the body can be explained as follows: oxygen moves through the digestive tract in the form of foam, is absorbed into the blood and lymph, affects the body as an active element, cleans and detoxifies it, increases cell metabolism, accelerates blood circulation.

Aerated products are also important in flight conditions. It is known from the results of scientific research that up to 2400 m above the ground, the function of the physiological covering mechanism of effective saturation of the human body with oxygen is performed, and at a higher altitude, the oxygen saturation of the blood slows down. That's why in-flight cocktails are served to make one feel good. Consumption of such products and drinks is also important for people living in regions where the amount of oxygen in atmospheric air is less than 10-15% [21-29].

Abnormal growth of the baby as a result of accelerated metabolism in the body of pregnant women is explained by fetal hypoxia.

Hypoxia affects the body's system responsible for carrying oxygen to tissues, immunity, vascular smooth muscles, blood oxygen parameters, the structure and function of the liver and other organs, causing many diseases. When a person wakes up, the activity of the system responsible for transporting oxygen to the tissues of the body is activated, primarily the respiratory and circulatory systems. Muscle activity increases the oxygen demand of the muscles, which is not covered by their daily needs. Therefore, there is a difference between the need for oxygen and the satisfaction of this need, which eventually leads to oxygen deficiency [30-33].

Under the influence of oxygen therapy, that is, when eating aerated food products, sleep is normalized, the duration of sleep is improved, the period of awakening at night and movement activity are reduced. The hypnotic effect of oxygen cannot be equated with the effect of sleeping pills, because unlike sleeping pills, oxygen is a physiologically necessary substance for the body, which the body cannot function. The hypnotic effect of oxygen primarily determines the elimination or reduction of hypoxia of the central nervous system.

Whipped food products reduce the feeling of hunger and improve metabolism. A person who is used to eating a lot of food has a hard time suppressing the feeling of hunger when he switches to a low-calorie diet.

Metabolic products, including incompletely broken down products of fat, accumulate in the body and slow down the release of fat from fat stores, thereby reducing the rate of weight loss. The more a person reduces food consumption, the more these products accumulate in the body.

Through the mucous membrane of the stomach, oxygen enters the body rapidly, which is approximately 10 times more than the oxygen entering through the lungs. Absorbed oxygen comes with the blood to the liver, it is in the liver that the incomplete breakdown of fat is

formed, which slows down the release of fat from the fat reserve. When oxygen reaches the liver, incompletely decomposed products of fat are completely broken down, and there is no obstacle to the release of fat from the fat reserve, the decrease in body weight accelerates. Even a small increase in the concentration of oxygen in the blood has been proven to have a positive effect on the metabolism and oxidation of fats in the cell membrane. When the foamy product enters the stomach, it activates the motility, enzymatic and secretory functions of the gastrointestinal tract, normalizes the microflora, improves the digestion process, and accelerates the breakdown of nutrients. This situation, in turn, leads to the treatment of diseases such as chronic gastritis, inflammation of the stomach and duodenum, which are common among the population. Aerated products are recommended for people with lung diseases and allergies, especially in spring.

The conclusion from the above information is that when consuming fermented products, metabolic processes in the body are improved, the work of all organs performing the function of slag removal is activated, and diseases are prevented, which means that these products have healing properties. Therefore, it is important and urgent to produce a wide range of food products with a foamy structure based on local raw materials, taking into account the age, work activity, and lifestyle of a person.

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