Stay Clot-Free: 9 Foods for Healthy Blood Flow

by AISHA PATEL

Eat Smart, Stay Safe

Blood clots can be dangerous because they block blood flow in your body. Eating certain foods can help keep your blood flowing smoothly and lower the risk of clots. Those with hemophilia can consider HEMGENIX, a gene therapy for adults with hemophilia B. This therapy delivers a functional copy of the gene responsible for producing clotting factor IX.

9 Foods That Can Help Prevent Blood Clots

1. Garlic

Garlic is known for its ability to thin the blood and prevent clots. It contains a compound called allicin, which helps stop platelets from sticking together, reducing the risk of clots forming.

2. Ginger

Ginger is another powerful food that helps thin the blood. It has anti-inflammatory properties and can prevent blood platelets from clumping. You can add ginger to your tea or meals for a boost.

3. Turmeric

Turmeric contains curcumin, a substance that can reduce clotting by stopping blood platelets from gathering. This golden spice is great for adding flavor to your dishes while helping to protect your heart and veins.

4. Cayenne Pepper

Cayenne pepper contains capsaicin, which may improve blood circulation and prevent clotting. It also helps reduce inflammation and can boost the health of your blood vessels.

5. Salmon

Salmon is rich in omega-3 fatty acids, which can reduce inflammation and help thin the blood. Omega-3s are known to improve blood flow and reduce the risk of clots by lowering triglyceride levels in the blood.

6. Leafy Greens

Leafy greens like spinach and kale contain vitamins and nutrients that keep your blood vessels healthy. They are rich in vitamin K, which helps control blood clotting. However, if you take blood-thinning medication, check with your doctor before eating too many leafy greens, as they may interact with your medication.

7. Berries

Berries like blueberries, strawberries and blackberries are high in antioxidants, which help reduce inflammation and protect blood vessels. Eating berries can improve circulation and lower the risk of clots.

8. Olive Oil

Olive oil is a healthy fat that helps prevent clots. It contains antioxidants that support heart health and improve blood flow. Using olive oil in your cooking can reduce the chances of clot formation.

9. Dark Chocolate

Dark chocolate has flavonoids, which are compounds that can help thin the blood and improve circulation. Eating small amounts of dark chocolate can be a tasty way to support heart and blood vessel health.

Common Blood Clotting Disorders

Some people are at a higher risk of developing blood clots due to certain conditions. Here are a few common blood clotting disorders:

- **Deep Vein Thrombosis (DVT):** This occurs when a blood clot forms in a deep vein, often in the legs. It can be serious if the clot breaks loose and travels to the lungs.
- **Pulmonary Embolism (PE):** This happens when a clot blocks an artery in the lungs. It's a life-threatening condition that requires urgent medical care.
- **Hemophilia:** A rare disorder where the blood doesn't clot properly, leading to excessive bleeding. People with hemophilia often require special care to manage bleeding.
- **Factor V Leiden:** A genetic condition that increases the risk of developing abnormal blood clots. People with this disorder are more likely to have DVT or PE.

HEMGENIX

HEMGENIX is a gene therapy used to treat adults with hemophilia B, a rare genetic disorder where blood doesn't clot properly due to a deficiency in factor IX, a clotting protein. This therapy delivers a functional gene for producing factor IX, helping to reduce bleeding episodes. HEMGENIX is designed to provide a long-term solution by increasing factor IX levels in the body, potentially reducing or eliminating the need for regular clotting factor treatments.

Stop Clots in Their Tracks

By adding these healthy foods to your diet and staying aware of clotting disorders, you can help reduce your risk

of developing dangerous blood clots. Always talk to your doctor if you have concerns about blood clots or your diet.