Numerous studies show: not an excess of cholesterol, but first of all a systemic inflammation is the real reason of many cardiovascular diseases and of sudden death.

From my point of view, this is a breakthrough in understanding the pathology in the tissues and vessels (at the first stage reversible), and the other part only a slight decrease in circulation. Slowing of gravity, some of the organ cells may experience severe ischemia, and the other part only a slight decrease in circulation. Slowing of gravity, some of the organ cells may experience severe ischemia, and the other part only a slight decrease in circulation.

Now I would add: “There is a” hydraulic lock”, and if the effect of this” lock in some organs occurs regularly and lasts for a long time, this condition leads to blocking blood circulation, to insufficient perfusion of tissues, to metabolic syndrome. Blockage of blood circulation leads to ischemia, at the same time, due to fundamentally not identical local conditions of “capacity” of blood vessels and taking into account the influence of the Earth’s gravity, some of the organ cells may experience severe ischemia, and the other part only a slight decrease in circulation. Slowing of perfusion and stasis can lead to the formation of many small foci of pathology in the tissues and vessels (at the first stage reversible),

When you consider the damage to the vessels, the first thing that comes to mind is the reduction of oxygen in the blood. But on the other hand, this important message is an additional argument in favor of the New Theory of CVD [4-17], which I have been promoting since 2011. Discovery of scientists from Harvard is an additional argument in understanding the mechanism of tissue perfusion reduction and blood stasis, which, apparently, in itself leads to many CVD.

Scientists report a 15% reduction in the risk of cardiovascular events, including fatal or non-fatal heart attacks and strokes, for patients who received a dose of Canakinumab (ilaris): either 150 or 300 mg.

One of the main causes of inflammation is the presence of white blood cells in the blood. These cells are responsible for fighting infections, but in conditions of inflammation, they can cause damage to the blood vessels and tissues. The presence of these cells can also lead to the formation of small foci of pathology, which can eventually lead to the formation of more severe conditions such as heart attacks and strokes.

In conclusion, inflammation is a significant factor in the development of cardiovascular diseases. By understanding the mechanisms of inflammation, we can significantly improve the results for some high-risk populations.

References:
[4] P. M. Ridker et al., "Anti-inflammatory drugs may lower heart attack risk: study finds," https://www.medlinks.ru/article.php?sid=45961&query=%E5%F0%EC%EE%F8%EA%E8%ED
to accumulation of toxins, to thrombosis, tissue necrosis, infection, hyperglycemia, obesity, atherosclerosis, systemic inflammation [18]. “The conductor” of systemic inflammation is the whole circulatory system, because stagnant dirty venous blood at certain times of human life, for example, in the morning or after physical or psychological loads, has the opportunity to enter the main flow of both circulation circles and spread to all organs.”

I emphasize that in official medicine it is mistakenly believed that the most probable cause of venous plethora and stagnation of blood are certain obstructions in the veins in the form of blood clots or embolus, due to the compression of the vein by a tumor, scar, with an inadequate underdevelopment of the elastic framework of the vein walls or their valvular apparatus, as well as in the development of heart failure. I think that in this issue the cause with the investigation changed places (with each other), and such a mistakenly interpretation takes place in medical science for many decades.

We can assume that for a large list of diseases, the primary blockage of the blood circulation in the organs is due to the opening and on time of non-closing AVA, after which some groups of cells begin to lack nutrition and oxygen. Apparently, it can be postulated that there is a fundamental unevenness in the capillary circulation and cellular nutrition in various organs in humans. Regular physical movements and a change in the position of the body are necessary. With the years gone by, this uneven supply increases, there are diseases.

Blocking leads to syndromes of a lack of metabolism, at the same time hormonal regulation of homeostasis becomes activated, the immune system reacts. After a while, systemic inflammation can begin, which can lead to a “bouquet of diseases”, but according to different scenarios for each individual. Since systemic inflammation is primary, therefore, all subsequent numerous “diseases” occur imperceptibly, sometimes against a background of mild inflammation, i.e. with the masking of the “primary” systemic inflammation.

For several decades the question has been debated, what is the mechanism of atherosclerosis. Which theory is correct: cholesterol infiltration theory or inflammatory. A lot of data obtained recently, are in favor of inflammatory theory.

I will give an interesting opinion about the causes of atherosclerosis, which indirectly confirms my hypothesis about AVA and systemic inflammation. I quote the opinion of a group of researchers from the Research Clinical Institute of Pediatrics, Moscow [19].

“When comparing different theories of atherosclerosis, a legitimate question arises: Is there a single cause of simultaneous inflammatory process, dyslipidemia, proliferation of smooth muscle cells, the formation of atherosclerotic plaques, endothelial damage? It can be safely assumed that all carefully and deeply studied pathogenetic mechanisms of the development of atherosclerosis are secondary to a single factor that operates periodically, and the increase in the symptoms of the disease occurs latently, wavy in connection with the periodic improvement of detoxification of the organism. Perhaps due to the safety of detoxifying abilities in childhood, atherosclerosis is rarely diagnosed in children, although the factors of cardiovascular damage can be detected early, confirming the view that the development of atherosclerosis, metabolic syndrome and cardiovascular diseases begins in childhood.

“In my opinion, the authors [19] gave a hopeful conclusion about the possible existence of a single cause of many CVD! And according to the New Theory - because of the disruption of the functioning of AVA anastomoses.

In conclusion, a few practical tips.

What can a person do to prevent the manifestation of systemic inflammation and increase life expectancy?

A healthy lifestyle is necessary: proper nutrition, physical activity, including water, successful work, 7-8 hour sleep, moderate hardening, breathing exercises with alternating sudden movements of the diaphragm down, and after a while upwards. Down - for outflow of stagnant venous blood above the diaphragm (from the head and lungs), upwards - for outflow of stagnant venous blood below the diaphragm (from the pelvic organs and legs). For sharp movements of the diaphragm down, the exercise “Embrace the shoulders” (the key and most effective exercise for Strelnikova) is well suited:


Here is a list of diseases, the pathogenesis of which stops the Strelnikova method: http://fizrazvitie.ru/2010/09/blog-post_09.html

To perform sudden movements of the diaphragm up you can use the following exercises: http://www.med links.ru/article.php?id=69392&query=%E5%F0%EC%EE%F8%EA%E8%ED


Every 30-45 minutes take breaks when sitting at a computer. In the evening to lose weight, you can use the “Pohudey (Weight Loss)” simulator.

Of course, this is an approximate list of recreational activities. In the future, apparently, there will be more effective exercises and pills. The main thing is understanding the mechanism of systemic inflammation.

Conclusions

It becomes evident that theoretical and practical medicine needs to be directed towards finding, observing and studying the functioning of arteriovenous anastomoses (AVA) of different calibers.

It can be assumed that many diseases arise from open anastomoses, because of uncontrolled leakage of arterial blood into veins and intercellular fluid, due to overflow of the venous pool!

In addition, research is needed to develop new drugs, to prevent and combat systemic inflammation.

It seems that the mechanism of systemic inflammation only now begins to clear up, and medicine will very soon open new prospects for development. So, the old problem of causality of systemic inflammation is solved?

Take care of yourself!
Numerous studies show: not an excess of cholesterol, but first of all a systemic inflammation is the real reason of many cardiovascular diseases and of sudden death.

References