

10 strange things happen to the body when you fly

Here are 10 strange things that happen to the body when flying. Please join us to learn carefully to have the best preparation for your vacation!

1. 11 fighters will change the world military position in the near future
2. 7 effective tips for having an ideal flight may not be known
3. What will future passenger planes look like?

Summer is the peak time for vacation and aircraft is always the optimal choice for many people. Because sitting on an airplane brings an interesting feeling to the adventure. However, in addition to the great benefits of convenience and time, air travel can cause some health problems, as well as unwanted inconveniences. Here are **10 strange things that happen to the body when flying** .

Please join us to learn carefully to have the best preparation for your vacation!

1. Legs can be "hatched"



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While on the plane, you cannot move freely and stretch your leg muscles. Sitting for a long time will affect blood circulation, causing leg veins to be pinched and blood flow to the feet will slow down so that your feet and ankles may **become swollen** or even **coagulation** .

To avoid this, try to perform simple movements on your feet such as: rotating your ankles, stretching, bending your legs or occasionally walking.

2. Taste changes



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Scientists found that the brain regions responsible for taste preferences function differently when in flight. For example, you are a lover of sweets but may like to drink tomato juice on an airplane. This is not strange at all.

Food on the plane is not really bland and tasteless as you think. Because of the low air humidity, it will dry the lining of the mouth, thus affecting the taste of your taste. There is a study showing that brain awareness of sweet and salty foods will be reduced by about 30% in aircraft environments.

However, you can reduce this situation by **drinking plenty of water** .

3. Bad breath



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When up high, our bodies become dehydrated, making saliva production limited, leading to the positive development of bacteria in the oral cavity and therefore your breath will smell foul.

You can also avoid this by drinking plenty of water, chewing gum or eating light meals.

4. Skin problems



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Dehydration also makes the skin more **susceptible to dirt and acne**. Dry air on the aircraft compartment weakens the protective nature of the skin leading to skin problems. If you regularly travel by plane, you may face acne.

Moisturize the skin before boarding the plane to minimize these effects. In addition, you should also drink enough water and wash water surfaces when landing. Washing your face and exfoliating will help you eliminate

the cells that peel off due to dryness and can reduce the appearance of acne.

5. Headache



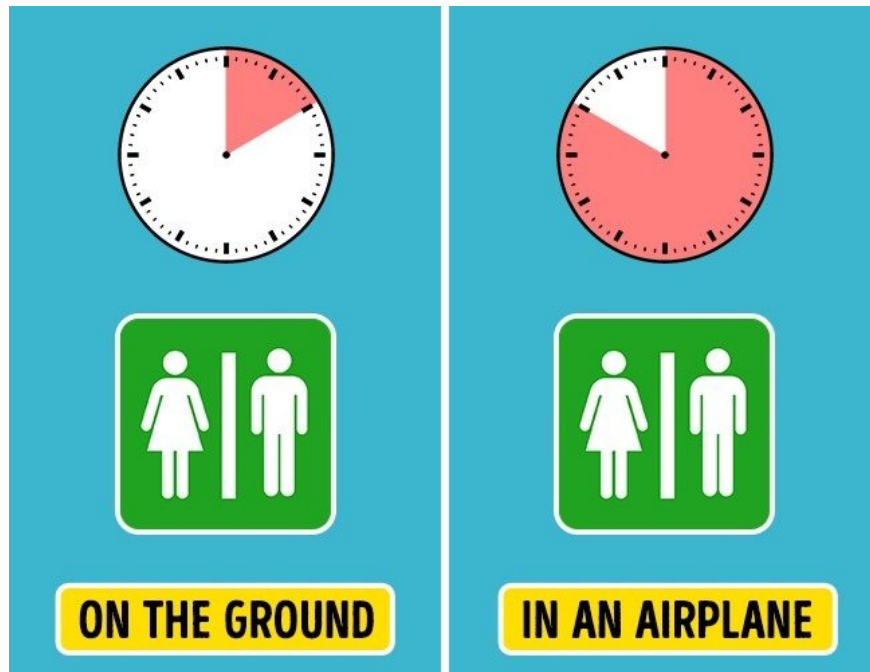
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Although the air pressure in the aircraft compartments has been adjusted to prevent problems that may occur when climbing, but you may still feel **dizzy, sleepy, headache** or even **vomiting** during the flight because the static image you see does not correspond to the feeling of movement and the body is stressed. The oxygen pressure in the low-air compartments is equivalent to the air pressure at an altitude of 200-2500m above the ground. When the oxygen pressure drops, you will experience a slight lack of oxygen leading to a headache.

To reduce headaches when traveling, you can **drink plenty of water** , avoiding alcohol or caffeine. Choose seats near the window to reduce symptoms.

See more: Let's admire inside the world's most luxurious aircraft

6. Indigestion



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We all know that in physics, steam can rise up against pressure. Therefore, when rising, the external pressure will be significantly reduced. Therefore, steam in the body will increase. This amount of steam also includes steam in the small intestine, leading to **bloating** or **wanting to "fart"** . In addition, sitting for many hours slows down metabolism, while pressure changes affect the circulation of the body.

The calorie intake should be reduced before the flight and sometimes stretch your muscles while flying to avoid this problem.

7. Tinnitus

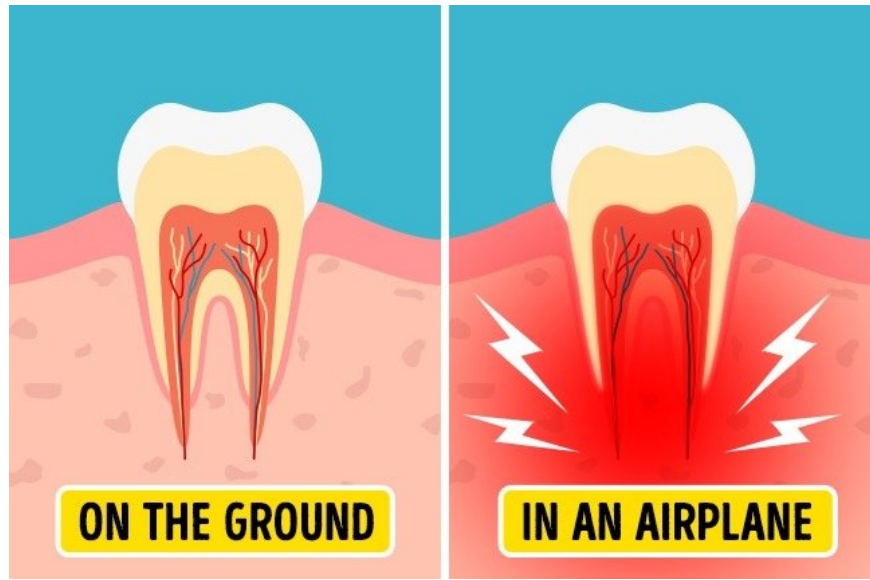


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When there is a difference between the pressure inside and outside the ear on the plane, it can make your ears ring or ears. The air that forms inside the ear is absorbed, sucked, and stretches the eardrum inside, causing tinnitus.

The simple way is to chew gum or hard candy to help you avoid this. They stimulate the secretion of air-swallowing saliva to help get rid of this condition.

8. Toothache



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Many passengers find themselves suffering **from toothache** while flying. The reason for this is due to the change in pressure: air will flow through the tiny slots in the teeth, compressing in it and impacting on the teeth. If you have encountered this problem the previous time, go to the dentist before scheduling your next flight.

9. Accidentally "consuming" dangerous bacteria



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Regardless of all efforts to make the water on the aircraft safe, most liquids still contain harmful intestinal bacteria.

To avoid this, you should only **drink bottled water** , minimizing drinking tea and coffee on the plane. Don't let your food touch the table.

10. Anxiety



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Even people who are not afraid to fly can still be **psychologically stressed** or even angry when flying. The simple reason: Safety is difficult to control completely and it makes you nervous.

Read an interesting book, watch movies or listen to your favorite music to help you sleep and deal with feelings of insecurity.

See also: Air turbulence while flying is not as scary as you think

Having fun!

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