

5 unexpected benefits of tears have been scientifically proven

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Here are 5 great benefits from the tears you need to know.

1. Clean eyes

When your eyes are invaded by any foreign objects like smoke, dust, sand ., the nerves in the cornea will react to the brain. After that, the brain sends back a protective hormone to the eyelid to "produce" the water to remove this foreign object.



2. Eliminate toxins in the body

Crying helps clean both the soul and the body.

Stress causes the brain to produce **cortisol, which** makes us feel anxious, stressed and frightened. Crying when stress helps the body eliminate substances that increase cortisol make us more comfortable.

Tears also help us release toxins in the body such as breathing, sweating and urinating .

In addition, there are prolactin protein components in the tears, the adrenal cortex and endorphin leucine-enkephalin hormones, which have **analgesic effects** .



3. Kill bacteria

In **lysozyme-** containing tears, a liquid is also present in breast milk, semen, saliva and mucus. This substance can kill 90 - 95% of bacteria within 5-10 minutes.

Even Lysozyme can kill some bacteria by destroying bacterial cell membranes - a hard shell that protects the bacteria to help tears protect against **heat** (scientific name). is Anthrax). The study was published in Food Microbiology 2011.



4. Enhance vision

Tears produced by the gland are used to lubricate the eyeball and eyelids to help you see better.

When crying, tears moisten the surface of the eye, help retain moisture and wash away dirt and dead skin. At the same time prevent dehydration in the mucosa.

When the tear film becomes dry, vision may be slightly blurred.



5. Improve the mood

According to the University of Florida study, crying is more effective than any depression medicine. When it is straight, crying can help you relieve your emotions and feel more comfortable.

At the same time, tears can remove some chemicals that accumulate in the body due to stress. If you "compress" it also increases your risk of heart disease, high blood pressure, type 2 diabetes and obesity.

So cry whenever you want.

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