

Do these to keep lung cancer away from you

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Lungs are an important part of the body involved in respiration. The main task of the lungs is to transport oxygen from the air into the bloodstream and release carbon dioxide from the blood.

The lungs are designed to protect themselves from dirt and bacteria. However, in front of some toxic substances in the air due to air pollution, cigarette smoke, dust ., the lungs must also "fall". They damage the airways, threatening the lung's ability to work leading to lung diseases such as asthma, bronchitis, pneumonia, emphysema, chronic obstructive pulmonary disease (COPD), tuberculosis, fibrosis Follicles, lung cancer and acute respiratory distress syndrome (ARDS).



In order to help your lungs stay healthy, you need to help it resist the accumulation of toxins. Here are some ways to help clean the lungs that you should know.

1. Quit smoking

Smoking is one of the major causes of lung and lung cancer. In cigarette smoke contains at least 69 carcinogens in which nicotine causes serious health problems.

Cigarette smoke can cause difficulty breathing, narrowing the airways causing chronic pneumonia, pneumonia. At the same time, it also destroys lung tissue, increasing the risk of lung cancer.



Even if you don't smoke, you can breathe cigarette smoke from the smokers around you. That is called **passive smoking** . Passive smoking can cause many dangerous diseases for both adults and young children such as lung cancer, heart diseases, low birth weight in babies, bronchitis, pneumonia, otitis media .

So stay away from smoke and give up smoking to protect your lungs and those around you.

2. Limit exposure to pollutants

In addition to cigarette smoke, many toxic substances that can cause cancer in the air can enter the body through the air, such as formaldehyde, benzene and trichlorethylene - volatile compounds (VOCs).



Air pollution, domestic wastewater, car smoke . contain toxic substances that increase the likelihood of developing lung cancer. Therefore, you should pay attention to hygiene in the living place, wear masks when participating in traffic .

For those who have to work in hazardous environments such as using pesticides, radioactive ore mining . should take effective measures to protect, avoid exposure to toxic substances.

3. Exercise daily

Daily exercise helps your body stay healthy, strengthen resistance to prevent many diseases and cancer. You should exercise at least 20 minutes a day.

Especially to help your lungs become stronger, you can practice deep breathing exercises. Deep breathing helps provide oxygen to every cell in the body better.

Breathing helps provide oxygen to every cell in the body better, enhances lung function, cleanses toxins and improves lung performance.



Deep breathing exercises for you:

1. Sit down in a relaxing and quiet place.
2. Close your eyes and breathe deeply through your nose.
3. Count up to five, slowly inhale.
4. Hold your breath for a few seconds, then exhale slowly.
5. Repeat this breathing exercise 6-8 times.

4. Eat foods that are good for the lungs

Besides regular exercise, you should have a healthy diet, plenty of green vegetables, minerals that can help your lungs stay healthy and clean harmful toxins in your lungs, strengthen your immune system. can.



Some notes in eating for you:

1. Add foods rich in antioxidants and detoxifiers such as garlic, onions, oregano, turmeric, pomegranate, cayenne peppers, ginger, apples, grapefruit, green tea, mint .
2. Protein-rich foods help maintain a healthy respiratory system: milk, cheese, fish, nuts and poultry .
3. Choose complex carbohydrates, such as whole-grain bread and pasta, fresh fruits and vegetables. At the same time, limiting simple carbohydrates, including sugar to eat, candies, cakes, and ordinary soft drinks.
4. Eat foods that contain monounsaturated, polyunsaturated and cholesterol-free fats. Foods containing trans fats and saturated fats should be avoided.
5. Eat folate-rich foods like lentils and black beans to protect your lungs from chronic obstructive pulmonary disease (COPD), reduce the symptoms of breathing difficulties caused by COPD.

5. Improve indoor air

According to scientists' research, some indoor plants can help filter out harmful chemicals in the air such as formaldehyde, benzene, trichlorethylene . like natural air purifiers. So plant some kind of plants such as ferns, aloe vera, blood, spider wire . to bring fresh air to your house.



Ideally, you should minimize the use of detergents and cosmetic chemicals with strong odors and also open windows to make the indoor air more airy and more open.

6. Periodic health check

Prevention is better than cure. Most types of cancer are not detected until the last stage, when the disease is already severe. Therefore, you should go for regular medical check-ups and check-ups to be able to detect health abnormalities right from the early stage to help treat effectively.



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