

Just raising your feet for 15 minutes every night can detoxify your liver, kidneys, improve digestion, have you tried it?

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For healthy bodies, it can play a promoting role. This method of **nursing** is very simple. Just persevere every day raise your feet up high.

Simple as that. So, quickly find out how to raise your feet following the analysis below!

The effect of foot movement on the human body

1. Enhance liver detoxification, kidney detoxification

When raising the foot high, blood will circulate quickly to the liver, to the kidneys to help the detoxification process be continuous. When **your feet are raised**, your body will increase metabolism, from the waist down there will be a strong acid reaction.

To eliminate the toxins that increase in a short time, the body's gland will release hormones that stimulate the potential to enhance the detoxification process.



Raising feet high, blood will circulate quickly to the liver.

2. Prevention of diseases related to rectal anus

Unreasonable eating habits make the body more likely to develop intestinal liver diseases. So how to reduce those risks?

You can experiment with practicing high leg care. Because when you practice this movement, bowel movements will work naturally, can prevent constipation and naturally reduce the risk of intestinal liver diseases.

3. Improve skin

When practicing this movement, blood circulation will be faster, body temperature will increase, at that time the body will sweat a lot, while the pores will open, the toxins in the skin are discharged. so that the skin becomes smoother and fresher.

4. Enhance digestive function

Gastrointestinal abnormalities are a common occurrence in life. Mostly due to unreasonable eating habits. If you want to improve your digestive function, you can practice **your leg exercise** .

Because when exercising this action can cause intestinal peristalsis to work naturally, thereby secreting acid, promoting digestion.



When raising the legs high, the spine maintains balance, the muscles will enhance elasticity. Illustration
When raising high legs, the spine maintains balance, muscles will enhance elasticity, blood circulation. The joints will self-increase bone marrow.

The bilateral spinal nerve restores the normal conduction effect. Regular practice of such degenerative joint or bone spine, neuralgia is hard to find.

6. Reduce the burden on the lungs

Lungs are important organs of the body, want to enhance lung function, can practice high leg exercise.

Knitting will also be trained, so your lungs will get more oxygen. Thereby reducing the burden on the lungs, enhancing lung function.

7. Reduce stress

When the pressure increases in the heart always feels uncomfortable, even now it does not affect the way you test the method of foot care.

Because it can dissipate unpleasant discomforts in the heart, causing the body's internal carbon dioxide to escape. Thereby reducing stress.

8. The body is flexible

Do not underestimate the method of foot care. This method can make whole muscles move and stretch muscles. Since then plays a role in forming flexibility for the body. For those who want a good body can test this method.

Simple foot raising method is easy to learn

Lie straight in bed. Bed is not too soft. Two overlapping hands are placed lightly on the filling area, the legs are closed.

Raise your feet towards the sky, then hold the thighs in that position, and the lower legs lower to form a 90 degree angle to the thighs, the feet facing the wall.

Keep this movement for 15 minutes.



Simple nourishing movements .Illustration.

Note : Before and after this exercise, you need to drink 300 ml of warm water. Calm, relax, maintain the natural breath, not leave the spirit in a repressed state. Based on the area of the lumbar air force and the force of the waist to support the lower part of the body to help get tired.

Above, it is mainly about introducing some effects from practicing leg stretching to the body. So it can be said that this is a very good nursing method. Not only can you exercise your body, but it can also prevent many diseases on your body. Starting today, start persevering to practice raising your feet!

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