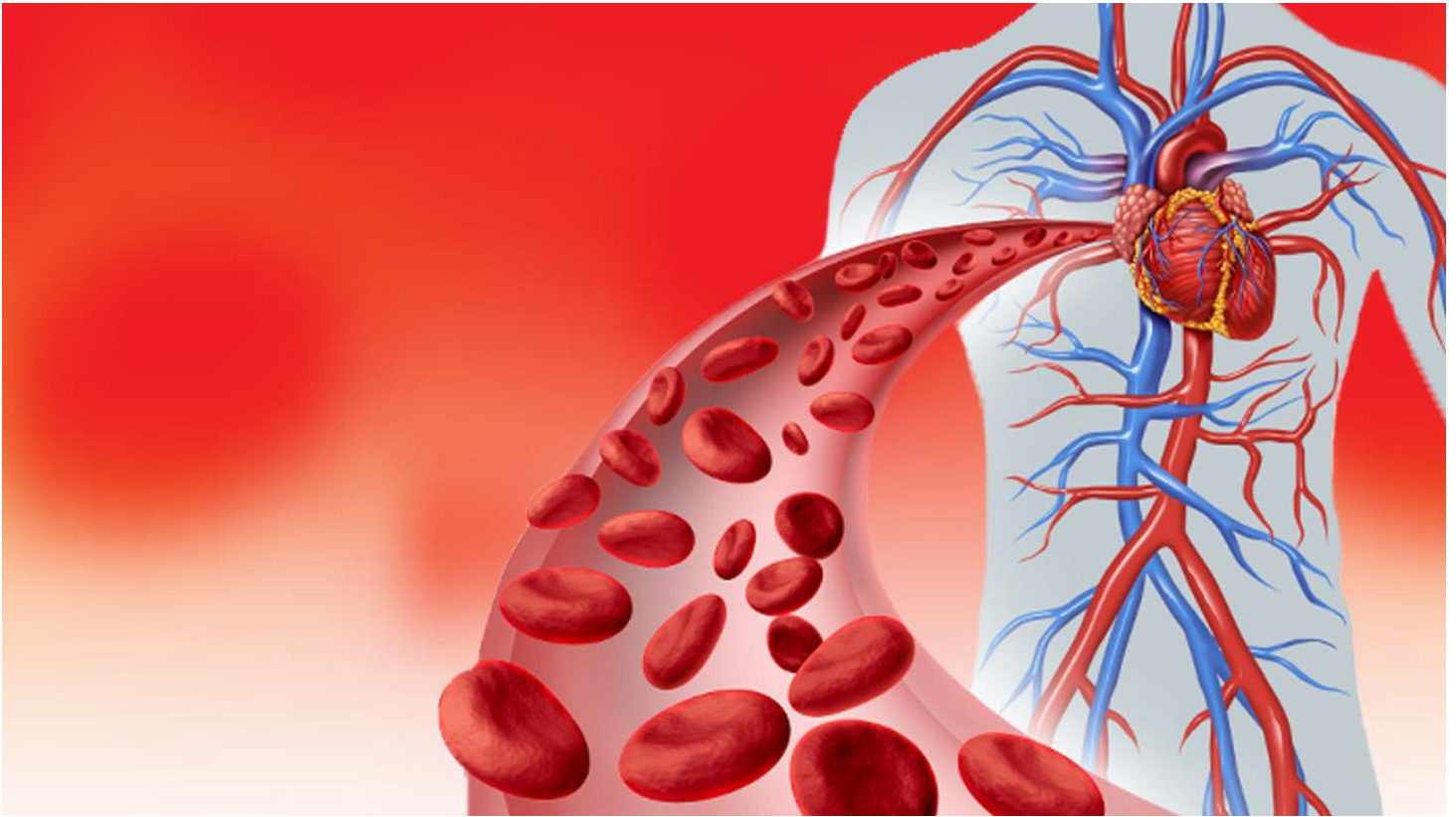


## How Blood Travels In Your Body



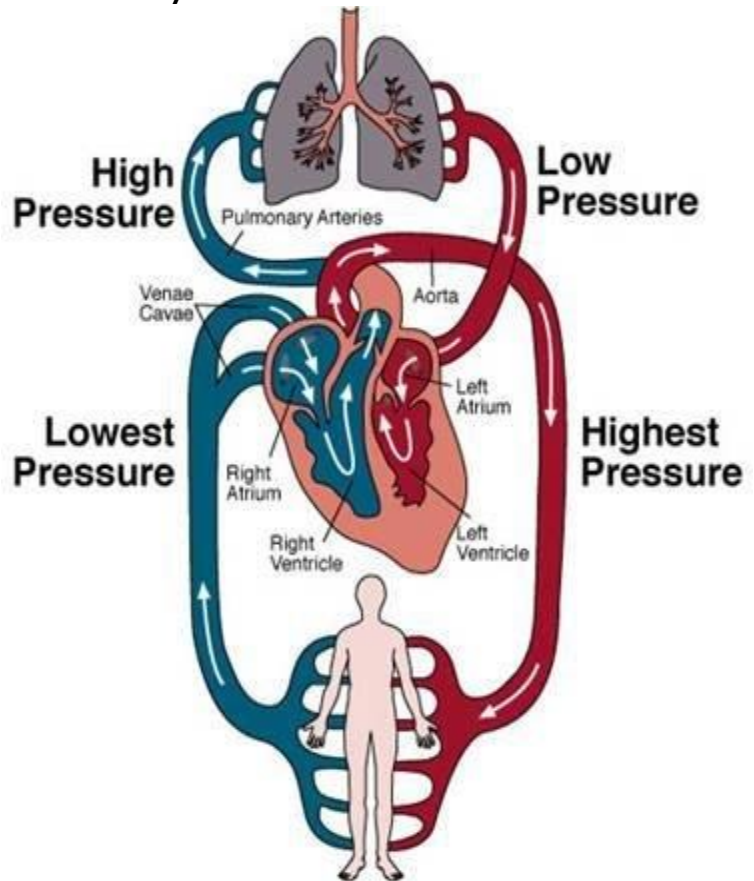
Our body is made of cells. Cells need nutrients and oxygen to survive, and wastes need to be removed from them. This work of transportation of nutrients, gases, wastes and other substances from one part of our body to the other part, is carried out by blood, and termed circulation.

### Functions of the circulatory system

- Transport of nutrients to the tissues for their utilization
- Transport of respiratory gases [O<sub>2</sub> and CO<sub>2</sub>] to and from the cells
- Collection of metabolic wastes from different tissues and transporting them to excretory organs for their removal
- Transport of hormones from endocrine glands to target organs
- Protection of the body by destroying pathogens
- Uniform distribution of heat in the body

### Steps of blood flow through the heart, lungs, and throughout the body:

1. The blood first enters the right atrium
2. The blood then flows through the tricuspid valve into the right ventricle
3. When the heart beats, the ventricle pushes blood through the pulmonic valve into the pulmonary artery
4. The pulmonary artery carries blood to the lungs where it picks up oxygen
5. It then leaves the lungs to return to the heart through the pulmonary vein
6. The blood enters the left atrium
7. It drops through the mitral valve into the left ventricle
8. The left ventricle then pumps blood through the aortic valve and into the aorta. The aorta is the artery that feeds the rest of the body through a system of blood vessels
9. Blood returns to the heart from the body via two large blood vessels called the superior vena cava and the inferior vena cava. This blood carries little oxygen, as it is returning from the body where oxygen was used
10. The vena cava pump blood into the right atrium and the cycle begins all over again



Lots of factors can influence blood flow. Movement, emotion, health, and fitness can affect your heart rate. Problems in your heart's electrical system can lead to irregular heartbeats. And blocks in your blood vessels or valve damage can disrupt healthy blood flow.

**Nattokinase** at [shop.HealedPeople.com](http://shop.HealedPeople.com) helps in maintaining normal blood flow. Nattokinase is an enzyme isolated from natto, a traditional Japanese fermented soy food. Natto has been consumed for thousands of years for its numerous health-promoting properties. More recently, both clinical and non-clinical studies have demonstrated that nattokinase can help to promote heart and circulatory health by supporting normal blood clotting functions.

**FDA Disclaimer:** These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Warning:** Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### Sources:

- 1 <https://nios.ac.in/media/documents/SrSec314NewE/Lesson-15.pdf>
- 2 <https://www.verywellhealth.com/blood-flow-through-the-heart-3156938>