

## **Natural Aids in Thinning Blood**

This section is designed to help you either use these foods to your advantage in aiding blood thinning or avoiding too many of them if you are already on medically prescribed blood thinners. You see, excessive blood thinning can cause bleeding in other areas of your body including the brain.

Some herbs and spices that contain salicylates (a natural blood thinner) include cayenne pepper, cinnamon, curry powder, dill, ginger, licorice, oregano, paprika, peppermint, thyme and turmeric.

Meanwhile there are fruits that can aid in blood thinning. These include [blueberries](#), cherries, cranberries, grapes, oranges, prunes, raisins, strawberries and tangerines.

There are several fish species that can aid in anti-clotting objectives. They include albacore tuna, anchovies, herring, lake trout, mackerel, and salmon. The prevalent reason for this is high levels of omega-3 fatty acids.

While the above is not a complete list there are other foods including olive oil, garlic and onions that can contribute to blood thinning objectives.

Australian research in 2004 found that individuals who drank a cup of tomato juice once a day for three weeks saw a 27% reduction in the “stickiness of platelets”.

## **Significance of Blood Thinners**

It is important to be aware about natural blood thinners. Blood thinners are essentially required in thrombic disorders where blood clots easily leading to serious complications. However, in case of [bleeding disorders](#) one must know which substances need to be avoided.

Consumption of such substances, even in mild quantity must be avoided. The common bleeding conditions are nosebleeds, hemorrhages, hematuria and [excess bleeding during menstruation](#) in women. In presence of blood thinner, the bleeding in these conditions may not stop and may even lead to death.

## **Natural Blood Thinners**

There are many herbs and spices which are potentially good in thinning of the blood. These [foods](#) are high in salicylic acid, vitamin E, [omega 3 fatty acid](#) (Omega-3 is one of the most common natural blood thinners known; it is found in fish oils) and some with antibiotic properties.

Interestingly, all foods that are rich in vitamin E are not always blood thinners. For example, some [green vegetables](#) like spinach and broccoli contain good amounts of vitamin K along with vitamin E. Vitamin K is helpful in developing blood clot.

Herbs that are rich in aspirin (salicylate /salicylic acid) include [peppermint](#), ginger, paprika, curry leaves and curry powder, thyme, cinnamon, dill, oregano, turmeric and licorice. Ginger, curry leaves and oregano are the most common seasonings used in [fast food](#) preparations. Those with bleeding disorders must avoid these seasonings.

In an Australian study ginger has shown to inhibit blood clot formation induced by arachidonic acid (a polyunsaturated fatty acid present in membranes in humans).

All the fruits in the berry-family, including strawberries, cranberries, and blueberries are significant blood thinners. Oranges, tangerines, cherries, raisins, prunes, pineapples, and tomatoes work in the same manner.