



## Chicken feet

Chicken feet are part of the chicken body that is eaten in China, Korea, Trinidad, Jamaica, South Africa, Peru, Dominican Republic, Mexico, Philippines, the Middle East, and Vietnam. Most of the tissues in chicken feet include skin and tendons without muscle, which makes this tissue different from other chicken meat.



The small bones of the chicken feet make it difficult for some to eat, so they must be removed before eating. Chicken feet are very gelatinous due to a large amount of skin.



- **Health benefits of chicken feet:**

The soft texture and unique taste of chicken feet along with other foods or cooking it separately in different ways can attract a lot of interest. Most people in Asia, Europe, Africa, and Latin America these days eat chicken feet and enjoy the benefits, which you will read about below.



### **1. Chicken feet and collagen**

According to Taiwanese researchers, chicken feet are rich in collagen and contain hyaluronic acid in addition to collagen. This acid is called the source of youth and can delay aging. Chondroitin sulfate is another substance that is abundant in chicken feet. This acid is useful for people with osteoarthritis and those who have joint problems.

## **2. Strengthens the immune system; One of the best properties of chicken feet**

Chicken feet are very nutritious and strengthen the immune system. In fact, the minerals in it are very good for the health of the body. Chicken feet also contain the minerals copper, magnesium, phosphorus, zinc, and calcium. Some of these minerals are useful for overcoming diseases. Therefore, with the regular consumption of chicken feet, you can keep your immune system in a very good condition.



## **3. Skin regeneration**

The collagen in chicken feet is good for skin health and regenerates skin cells and prevents skin cell damage. Chicken feet also increase skin elasticity and prevent premature aging, which is manifested by skin wrinkles. For this reason, some doctors recommend eating chicken feet for the beauty of the skin.



#### 4. Accelerate wound healing

Chicken feet contain collagen, a large amount of protein, and a type of protein called albumin; As a result, it can accelerate wound healing and counteract cell damage.

In addition, chicken feet can enhance the process of replacing damaged cells. Therefore, consuming this food increases the body's ability to fight infections.



In addition, because chicken feet can be effective in treating cellular damage caused by infection, the body as a whole becomes stronger in fighting potential bacterial infections.



## **5. The properties of chicken feet that heal the bone fracture; Improve the condition of joints and bones**

As you grow older, your body's calcium amount decreases and cell regeneration slows down, but regular consumption of chicken feet alters this process. The nutrients in chicken feet, including calcium, protein, cartilage, and collagen, can strengthen the joints of the body and prevent bone fragility in old age.



## **6. Lower blood pressure**

Chicken feet have more collagen than chicken breasts. Chicken foot collagen lowers blood pressure. This collagen can lower plasma renin levels and prevent high blood pressure. Chicken feet, due to their mineral content, are useful for regulating blood pressure in people with high blood pressure.

In general, when making chicken feet soup, a lot of salt is used to taste it. But people with high blood pressure are usually also sensitive to sodium. Therefore, you should not use too much salt to prevent high blood pressure.

### **7. Gum health**

The gums are one of the most important parts of the human body because all the food that enters the body is first processed by the teeth, gums, and tongue.



Therefore, we need useful nutrients to protect the gums. Consumption of chicken feet is useful in keeping the gums healthy and strong due to their high content of collagen, amino acids, and other gelatinous substances.

## 8. Digestive problems; Another property of chicken feet

Chicken feet can be made in the form of soup or broth and enjoy its taste. All the nutrients in chicken feet, such as protein, collagen, chondroitin, and glucosamine, are dissolved in the soup and can keep the digestive system in good condition. In fact, these nutrients improve the health of your gut, improve your digestive tract, and help with digestive problems.



## 9. Keeping nails healthy

Maintaining the health and strength of the nail structure requires sufficient collagen in the body. Chicken feet are an excellent source of collagen and people who eat this type of food daily will have strong and healthy nails.





Chicken feet also contain amino acids, glycine, and proline, which promote healthy nails and the body. When the toe part of the chicken is split after cooking, gelatinous material comes out of it. This substance can help the body process that part of the calcium that is absorbed by the nails.

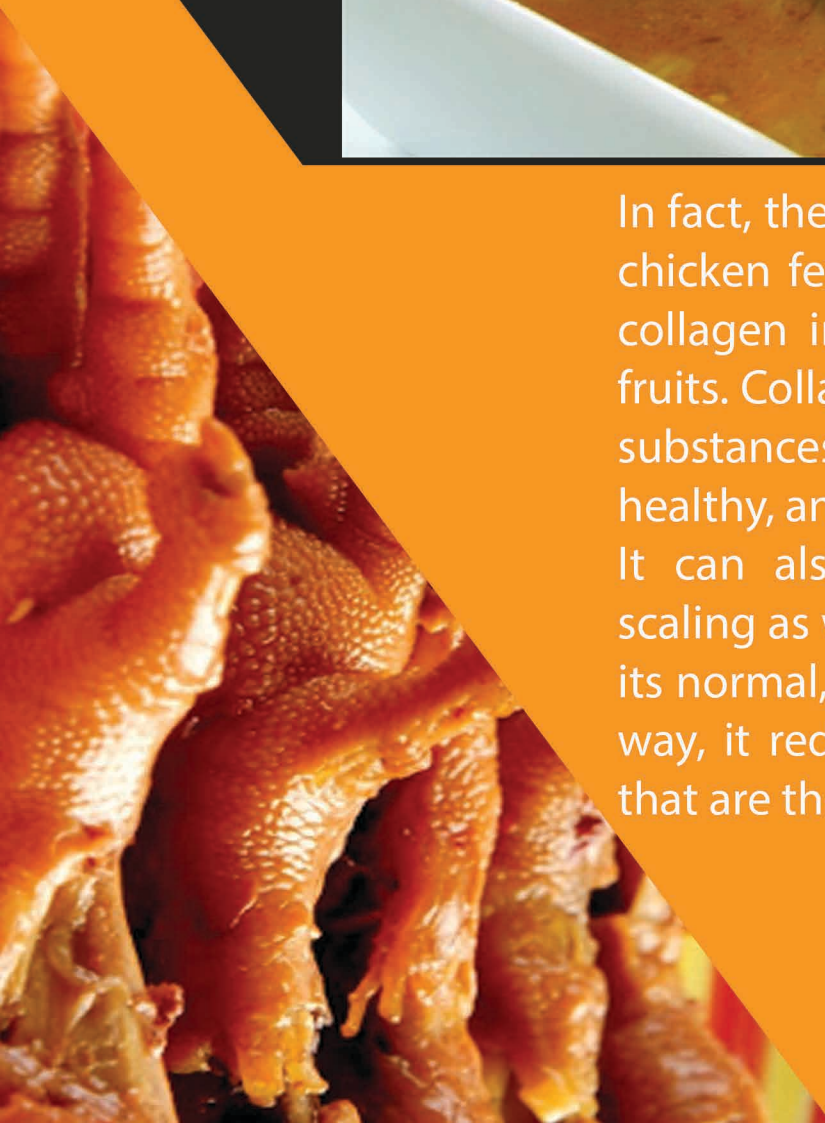
### **10. Properties of chicken feet for facial skin; Younger appearance**

As mentioned, chicken feet contain a lot of collagen.



In fact, the natural amount of collagen in chicken feet is similar to the amount of collagen in green leafy vegetables and fruits. Collagen is one of the most special substances that keep the skin supple, healthy, and young.

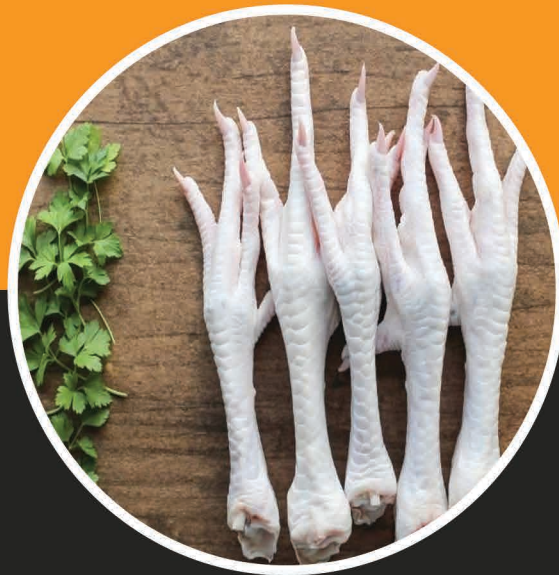
It can also relieve the early signs of scaling as well as dry skin and return it to its normal, soft, and smooth state. In this way, it reduces wrinkles and small lines that are the first signs of aging.



In fact, the collagen in chicken feet can be effective in removing scars and preventing them from returning.

### **11. Maintaining hormonal balance; One of the most important properties of chicken feet**

Zinc is one of the most important minerals that balance the body's hormonal balance. Chicken feet contain this mineral and provide one-third of the body's daily need for zinc each time it is consumed. The good fats in chicken feet also improve the function of the body's glands. The body's glands usually work properly with the help of healthy fats.



The health of the vascular system Due to the presence of collagen, they play an important role in the blood supply to the glandular control points of the body. These points include the body's central nervous system in the brain and, of course, the glands throughout the body.



## 12. Reducing stress

Chicken feet produce different types of amino acids that are good for the body. One of these amino acids found in chicken feet toe is arginine. Arginine is good for the health of the body and causes the release of hormones that relieve stress.

## 13. Treatment of rheumatism; One of the important properties of chicken feet

To reduce the risk of rheumatic diseases, eat chicken feet. there is collagen inside the chicken feet, which is a type of connective tissue protein.



This collagen causes concentration and stickiness when cooking chicken feet. Chicken feet contain large amounts of hydroxyapatite. This substance, which is the natural form of the mineral calcium apatite, is useful for strengthening the outer surfaces of bones and prevents the risk of bone fragility. Chicken feet also contain calcium and improve rheumatism as well as arthritis.



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