

The effects of Nests

Bird's nest soup is a nest of birds nest made from the bird's saliva. Each of the weighing 7-8 grams. Yen usually nest on the cliffs at sea devilish, sometimes in the steep rocky cape, while whispering in the craggy peaks, deep water bay bottom is full of rocks, looking for and to get the where to get the nest to nest in very patient and brave.

According to ancient documents nests are sweet, calculated average, nullify, taste, health promotion, mental alertness, improve memory, often used in the great feast of kings.



According to data from the Center of Biotechnology University of Fisheries and Biotechnology Institute at the Center for Science and Technology national component of exotic foods are 18 amino acids, some there are very high levels of aspartic acid as, Serine, Tyrosine, Phenylalanine, Valine, Arginine, Leucine ... Especially sialic acid in concentrations of 8.6% and Tyrosine are the effects of a quick recovery when injuries radioactive or toxic substances, stimulate the growth of red blood cells.

In addition, it has a glycoprotein structure, high energy, the body easily absorbed. The multi-element, trace

of bird's nests are very rich, there are 31 elements appear by X-ray fluorescence method, Ca and Fe is rich in minerals necessary for the body. These elements are useful for memory nerves steady as Mn, Br, Cu, Zn also has a high level. Some rare element but with low levels, but very valuable in increasing digestive stimulant absorbed through the intestinal membrane such as Cr, anti-aging, anti-radioactive substances as Se. Thereby we as no surprise to the high nutritional value and precious birds nest.

Swallow Nest also has the ability to clean the lungs and respiratory organs, reduces the symptoms of flu and allergies, increased body weight, balance and metabolic processes in the body, enhance the operational capability physical and mental reflexes, tonic for hematologic system, increases the number of red blood cells, hemoglobin, reducing clotting time, increase the stimulation of the growth of the cells, the cells were recovered injury, anti-aging, rejuvenation, longevity.

Recently, while studying the effects of bird nest in the body infected cases toxic, it was found Salanganes'Nest limited degree of weight loss, faster recuperation, stable hematologic norms. It is also studying the use of oats treatment of cancer and HIV / AIDS due to detection of a number of biologically active substances stimulate the growth of leukemia cells in peripheral nest birds.



Notes on use:

Pregnant women under 3 months, babies should not take bird nest. As for the baby, try slowly, because it can cause allergies for your baby. However, not recommended for children often, especially before meals. The use of oats before meals will increase blood sugar, reduce appetite in children, increases the expression of appetite and can reduce the rations of meals later, lead to nutrient deficiencies needed for children. It is also not suitable for those with blood sugar disorders, such as diabetes or pancreatitis.

Should processing Salanganes'Nest moderate temperature, not to boil above 100 degrees C. Typically, processing methods mainly steamed oats, not cooked directly. Not to put too much sugar is sugar candy though, in dishes made from bird's nests for more sugar content will increasingly reduce the effect of the

active support bird nests.

Also, according to human medicine can lower status talks, fat, skin meters, cold hands and feet, high blood pressure, gout, often bloating, diarrhea, abdominal cold should not Swallow Nest.



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