

Blood Clots

Your blood is on the front lines of defense after damage and injury.

You see, blood can coagulate -- that is, change from a liquid to a gel to form a blood clot -- to stop bleeding and give your body time to repair itself.

When you have a scab from a cut or a scrape, that is a blood clot!

Blood clots can protect you, but if they form in the wrong places, they can also cause serious problems.