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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Natural Care For Varicose Veins

By Dr. Rita Louise

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Our circulatory system is made up of a complex web of arteries and veins. Our arteries carry oxygen rich blood to the cells of our bodies, while the veins are designed to pump oxygen poor blood back to the heart. This is accomplished through a series of one-way valves that do not allow blood to flow backwards into the vein. When someone suffers from varicose veins, the one-way valves of their veins do not close adequately, resulting in the inefficient transport of blood back to the heart. This causes the blood to flow backward within the vein, creating pressure and causing the vein to become swollen and distended.

While rather benign, this health condition affects about 15% of all adults worldwide. Most people recognize varicose veins because of their knotted, twisted, swollen and often bluish of these veins. In addition to any cosmetic concerns they may pose, these veins can cause discomfort in the form of dull nagging aches and pains, night cramps, ankle swelling, feelings of burning or leg fatigue after prolonged standing.

There are a number of factors that play a part in the development of varicose veins including heredity, gender, lifestyle, occupation and age. They are also known to form during pregnancy due to the dilating effect progesterone has on the veins. Because they are associated with lack of circulation, the formation of varicose veins is more common in people who sit or stand in one position for long periods of time, habitually sit with their legs crossed and those who lack regular exercise.

Recommendations For Wellness

Avoid standing for prolonged periods of time. If this is unavoidable, move your legs often. Stretching and flexing your ankle will work to pump the blood out of your legs and get it circulating again.

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If you find yourself sitting for extended periods of time, get up and move around every 35 to 45 minutes.

Take regular walks to help exercise the muscles of the legs and increase blood flow.

Avoid clothing that may restrict blood flow.

Keep your weight down. This can help to reduce pressure on your legs.

To help prevent leg and ankle swelling, reduce your salt intake.

Elevate your legs whenever possible especially when sitting.

Topically, witch hazel can be applied to the legs to ease discomfort.

Butcher's broom has historically been used when dealing with circulatory ailments such as varicose veins.

Supplements such as ginkgo biloba, gotu kola or capsicum have been shown to improve circulation.

Coenzyme Q10 also improved tissue oxygenation and increases circulation.

Vitamin C with bioflavonoids and rutin can help this condition by reducing blood clotting tendencies, promoting healing and helping to strengthen the blood vessels.

White oak bark can be used to help reduce inflammation of the veins as well as to tighten tissues and strengthen blood vessels.

Essential fatty acids such as omega 3 or flax seed oil can help to reduce the pain and inflammation associated with varicose veins.

Dr. Rita Louise, PhD is a Naturopathic Physician and a 20-year veteran in the Human Potential Field, but it is her unique gift as a medical intuitive that enlivens her work. So whether it is a physical problem, an emotional issue, a problem at work or a problem in a relationship, Dr. Rita Louise, Ph.D. a can help you identify what is really going on and provide you with straightforward guidance and advice. Visit her at <http://www.soulhealer.com>.

Spiders In Your Legs? Here's How To Get Rid Of Them

By Ismael Tabije

As I was searching for more information on varicose veins' cure, I sat on the swivel chair in front of the PC in a relaxed but poised position: upright with my right leg over my left leg. What I thought of as a comfortable sitting position could have led me to get more of the unwanted varicose veins. The

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topmost DON'T in preventing and relieving varicose veins was: DON'T cross your legs when sitting. It was like touching a hot plate; I immediately uncrossed my legs and leaned forward to read more.

Other than not crossing the legs, here are some great preventive measures that you ought to know so as not to have those gory spider veins marring those pretty legs:

- Regular exercise helps in the continuous flow of the blood. It is understandable that time is quite a problem. Choose an exercise activity that is not so time consuming, like walking a good distance will be great.
- Watch your weight, a very heavy body gives burden to the legs that hold it upright.
- If your job requires standing for a long period of time, shift your weight from one foot to the other time and again. If it is possible, always sit on breaks and relax tired feet.
- Elastic stockings can best support legs.
- See to it that your clothes, even you underwear are comfortable and not too tight especially on the waist, groin and leg areas.
- High-fiber foods can help prevent constipation that could also contribute to varicose veins. Eat as much fiber-filled foods as possible.
- Salt can be a factor in swelling of the body. Reduce your salt intake.
- Find time to exercise your legs even when sitting. It can help in the circulation of blood. A simple leg stretching and feet and ankle rotation can relieve soreness and can revive those veins.
- Leg elevation at the end of the day is highly recommended. Prop your feet on a chair or on the wall at home when you watch TV or a few minutes before you go to sleep.
- Long travels constrict and numb your legs and feet. If you can, get up and move about in your vehicle (for travels on buses, trains and airplanes) or pull over every 30 minutes when traveling in a car to relax and stretch your legs.
- Choose an aisle seat or the one nearest an exit door when attending long conferences and meetings. This way, you can easily go out and stretch every fifteen to thirty minutes to avoid cramps.

Researchers show that women are not the only victims of varicose veins. In fact, recent studies show that a large percentage of men also get varicose veins. Varicose veins are brought about by a lot of things from being overweight to genetics to aging. Most factors that contribute to acquiring varicose

veins are the work (especially if it includes long periods of standing up), pregnancy, stomach disorders such as constipation; and then there's improper posture.

As always, the adage that prevention is better than cure is very true. Although major treatments and operations are not exactly needed in curing varicose veins, the pain could be uncomfortable, not to mention unsightly especially for a woman. There are dermatological ways to remove varicose veins but, if you can help it, prevent it from appearing on your body parts by doing the self-help tips that are stated above.

The writer, Ismael D. Tabije, runs the websites

and

that sell a wide collection of fitness, health and beauty e-books.



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