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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!

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 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.

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- 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

<http://www.growyounger.e-mart4all.com>

and

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

How to Give Your Service "Legs"

By Kendall Summerhawk

How to Give Your Service "Legs" by Kendall Summerhawk

Giving your service 'legs' means you make it tangible. Giving your service legs means bridging the gap from fluffy language to something your choice client recognizes they need and will spend money on.

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

If you don't give it legs, the gap between what you say and what your choice client needs is too wide to bridge. It's nearly impossible for your choice client to make the leap and understand how you can help them.

Here is precisely how you do it:

Give your service legs by ending everything you write with a result.

Give your service legs by ending everything you say with a result.

Example – No Legs:

"I am happy to give you a proposal."

Example – With Legs:

"I am happy to propose two solutions, each will outline the specific results you can expect if we move forward with this project."

Giving your service legs is not difficult. It just takes a little attention and a shift in how you think about your business...and your clients!

Now it's your turn!

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