

Varicose Vein Herbal Program

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Poor arterial and venous circulation is not only prevalent in the elderly. Veins use valves, to keep the blood from flowing backwards and obeying the call of gravity. Blood can pool in the veins and cause them to bulge when the valves weaken. This may be due to hereditary factors, obesity, or from jobs that require prolonged sitting or standing. It happens mostly in the legs, creating varicose veins; around the anus, called hemorrhoids, or around the scrotum, where they are known as varicoceles.

Blockages to the circulation manifest in conditions like varicose (leg) ulcers, varicose veins, hemorrhoids (which are basically varicose veins in a very unpleasant place!), weariness and edema of the legs, or just mildly cold, pale hands (fingers) and feet (toes), and chilblains. This can be positively impacted with bioflavonoids, vitamins, minerals and herbals to provide relief and to help improve peripheral circulation. The combination of ingredients work to strengthen and tone blood vessels as well as improving their elasticity overall. Supplements can help protect against hemorrhage and inflation of blood vessels, improves blood flow through capillaries and carries away excessive extra cellular fluid.

What can you do to help?

1. Lower your cholesterol
2. Eat less animal protein
3. Quit smoking
4. Stop excessive drinking of alcohol; an occasional drink is okay
5. Stop excessive drinking of caffeine beverages, coffee, sodas, etc.
6. If you need to wear an elastic stocking, get it fitted, so that it won't be too loose and yet not too tight
7. Exercise can be an important factor in maintaining the integrity of the circulatory system; walking, swimming, riding a bicycle and doing your exercise at home will help tremendously
8. Proper nutrition is of course important; eating a well balanced diet and reducing your animal fats, spices, fried foods, and sugars will help circulation

Supplementation Program

1. [Ginkgo](#): 1 capsule, 3 times daily.
2. [Vein Support Formula](#): 2 capsules, 3 times daily.
3. [Co-enzyme Q10](#): 2 capsules, twice daily.
4. [Vitamin E](#): 1 capsule, twice daily.
5. [Multi Vitamin](#): as directed.

Ginkgo: Germany's Commission E recommends ginkgo for the treatment of restricted circulation in the legs due to hardening of the arteries known as intermittent claudication.^{1,2,3,4} Numerous studies have found that ginkgo extracts can improve circulation.^{5,6} We don't know exactly how ginkgo does this, but unknown constituents in the herb appear to make the blood more fluid, reduce the tendency toward blood clots, extend



the life of a natural blood vessel, and act as an antioxidant.^{7,8} It has been shown to increase blood circulation to the brain and to the arms and legs. According to a 1992 article published in Lancet, over 40 double-blind controlled trials have evaluated the benefits of ginkgo in treating age-related mental decline.⁸ Of these, eight were rated of good quality, involving a total of about 1,000 people and producing positive results.

Vein Support Formula: *Horse chestnut* strengthens the capillary cells, acts as an anti-inflammatory, and reduces fluid leakage through the action of its compound, aecin. This has been shown to promote circulation through the veins and thereby stimulates the return of the blood to the heart.¹³ *Gotu kola* is an ancient Ayurvedic herb used for thousands of years as a cleansing tonic herb for the skin. Its asiaticoside, madecassoside and madasiatic acids are believed to be the active ingredients that benefit the material that make up the connective tissue (collagen) to support the veins. Studies have demonstrated that it can help those with chronic venous insufficiency (CVI), relieving water retention in the ankles, foot swelling and varicose veins.¹⁴ *Hawthorn berries* are considered to move blood. The flavonoids in *hawthorn* and *Bilberry fruit* have been shown to benefit capillary fragility and CVI. *Butcher's broom* has demonstrated in studies constricts small veins, to help improve circulation.^{15,16}

Co-enzyme Q10 (CoQ10): Has been shown to preserve cardiac mechanical function and recently has been recognized as a free radical scavenger. It helps protect and promote circulation.

Vitamin E: Scavenges free radicals enhances blood clotting and circulation regulates hormone changes and keeps cell walls supple and strong may ease angina and arthritis pain; also boosts HDL levels (the lipoprotein that carries cholesterol away from the cell).

Multi Vitamin: Studies show that the higher the Vitamin C levels in the blood, the lower the total cholesterol and triglycerides, and the higher the HDL. Vitamin E is a blood thinner and powerful antioxidant, and it helps to protect the arteries from plaque build-up. Folic Acid, 400 micrograms, Vitamin B-6, 100 milligrams and Vitamin-12, 100 micrograms daily helps reduce homocysteine levels. Research in the last decade has linked homocysteine to increased risk of heart disease, stroke, and other diseases involving blood vessels. Unconverted homocysteine can build up, irritating the blood vessels and possibly causing blockages.

Dietary Suggestions: Diets low in potassium and high in sodium contribute to high blood pressure. While restricting your intake of salt, many may need to increase their intake of potassium rich foods. The desired potassium to salt ratio of 5:1, most Americans maintain a ratio of 1:2. A natural diet rich in fruits and vegetables can produce a ratio greater than 100:1. Many studies show that increasing dietary potassium intake can lower blood pressure.

In addition, supplementation alone can produce significant reductions in blood pressure in people with hypertension. Typically, these studies have utilized dosages ranging from 2.5 grams to 5 grams of potassium per day. Potassium supplementation can be especially helpful in people over 65. Safe recommended daily dietary intakes, is 1.9 grams to 5.6 grams.

- Eat 5 or more servings of a combination of vegetables and fruits. Numerous studies show that a diet high in carotene rich and flavonoid rich fruits and vegetables reduces the risk of heart disease and strokes. Choose whole fruit, skin included, instead of the juice.
 - Eat green leafy vegetables, yellow-orange colored fruits and vegetables, such as carrots, apricots, mangoes, yams and squash.
 - Eat red and purple vegetables and fruits such as tomatoes, red cabbage, berries, and plums.
 - Eat beans at least three times a week. Try bean soup, cold bean salad, hummus sandwich,



- o black bean dip. Legumes, grains and seeds are rich sources of carotenoids.
- o Good sources of flavonoids include: citrus fruits, berries, onions, parsley, legumes, green tea and red wine.
- o Eat more berries and foods with the deep red, yellow, blue, and green colors of many flowers and plants are due to their bioflavonoid content. Bioflavonoids include proanthocyanidins, anthocyanidins, pycnogenol, quercetin, rutin, hesperidin, citrus bioflavonoids and green tea polyphenols and are sometimes referred to as vitamin P.
- o Include: berries, cherries, citrus fruits, grapes, onions, parsley, red wine, rose hips, yellow, red and green vegetables. These foods are very helpful for circulatory disorders and the following problems: inflammatory conditions free radical and oxidative damage. Also very important for protecting the structure of capillary blood vessel integrity, capillary fragility, cardiovascular disease, metorrhagias, sports injuries and trauma, and varicose veins.

Other: If you drink alcohol, drink very moderately. Increase dietary fiber; change to low fat diet ; lower cholesterol levels; lower elevated iron levels.

Stress: Relaxation, yoga, breathing exercises, meditation, all can help and should be pursued.

Drink Green Tea: Some but not all observational studies suggest that green tea might help prevent vascular problems.^{9,10,11,12}

Recommendations: Sit less and do less heavy lifting. Address high blood pressure, and quit smoking. Move your bowels daily, but do not strain with bowel movements. Maintain correct body weight.

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Butchers Broom

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