

POOR CIRCULATION PROGRAM

Supplement Guidelines

Poor arterial and venous circulation is not only prevalent in the elderly. Blockages to the circulation manifest in conditions like varicose (leg) ulcers, , varicose veins, haemorrhoids (which is basically another varicose vein/valve in a very unpleasant place!) weariness and oedema of the legs, or just mildly cold, pale hands (fingers) and feet (toes) and chilblains. 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 haemorrhage and inflation of blood vessels, improves blood flow through capillaries and carries away excessive extra cellular fluid.

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.
- 9.

Essential

[Maqui Select](#)
[Ginkgo](#)
[Vein Support,](#)
[CoQ10,](#)
Vitamin E,
[Multi-Vitamin,](#)

Better

Heart-Ease

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. It has also demonstrated it increases cerebral circulation in to the brain improving short term memory and may have protective abilities against alzheimers. the use of ginkgo also protects blood vessels from damage. Ginkgo has powerful antioxidant and neuroprotective properties. German physicians, in one year, wrote more prescriptions for standardized ginkgo than for any other drug Numerous studies have found that ginkgo extracts can improve peripheral and cerebral circulation. It has been shown to increase blood circulation to the brain and to the arms and legs,. studies show it helps by dilating the arteries. Consult with your medical Doctor if you are taking a blood thinning drug..

Vein Support, Formula Key Ingredients

- **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.

- **Gotu kola** is an ancient Ayurvedic herb used for thousands of years as a cleansing tonic herb for the skin. It's 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.
- **Hawthorn berries** are considered to move blood. The flavonoids in hawthorn and
- **Bilberry fruits** have been shown to benefit capillary fragility and CVI..
- **Butcher's broom** has demonstrated in studies constricts small veins, to help improve circulation.

Coenzyme Q10 Coenzyme Q10 (CoQ), has been shown to preserves 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
 - *boosts HDL levels (the lipoprotein that carries cholesterol away from the cell)*

Multi Vitamin

Hearts Ease Formula Key Ingredients

The flavonoids in **Hawthorn** have been shown to work to increase oxygen utilization by the heart. It also increases enzyme metabolism and acts as a mild dilator of the heart muscle. Hawthorn is a peripheral vasodilator.. Rigorous clinical trials have shown improvement in objective signs and subjective symptoms of congestive heart failure when hawthorn is used. The influence of the main flavonoids have been shown to have a positive effect on coronary flow, heart rate, and left ventricular pressure as well as on the velocity of contraction and relaxation. . **Coleus** rhizome is an Indian herb that became well known twenty years ago when its ingredient, forskolin, was found to act as a tonic for heart and brain circulation These two contain strong antioxidants that help prevent and reduce damage to the blood vessels and so are used alongside the Chinese formula,

Dietary Guidelines

- Reduce the amount of saturated fat, cholesterol and total fat from your diet.
- The best way to achieve this goal is to eat fewer animal products and more plant foods. Substitute red meats with fish and white meat; use soy based alternatives, decrease the number of eggs per week, use egg beaters or tofu, use low fat dairy products, substitute vegetable oils for butter, lard and other saturated fats, eat fruits and vegetables daily and cut down on all refined sugar and flour products, use no or low salt, and drink herbal teas, green tea, or vegetable juices instead of soft drinks and coffee.
- Stay away from margarine, and foods containing trans fatty acids and partially hydrogenated oils.
- These foods actually raise your LDL levels and lower your HDL levels of cholesterol and interfere with essential fatty acid metabolism. Instead, use natural polyunsaturated oils like safflower, soy and flaxseed oils to meet your essential fatty acids requirements. Just 1 tablespoon per day is enough
- Eat more cold water fish and take 1 tablespoon of flaxseed oil daily.
- Salmon, mackerel, herring, halibut are good sources of omega-3 fatty acids. Flaxseed oil is a good source of alpha linolenic acid, an omega03 oil that the body can convert to eicosapentaenoic acid (EPA).



- 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. Green leafy vegetables, yellow-orange colored fruits and vegetables, such as carrots, apricots, mangoes, yams and squash. Red and purple vegetables and fruits such as tomatoes, red cabbage, berries, and plums. Legumes, grains and seeds are rich sources of carotenoids.
- Good sources of flavonoids include: citrus fruits, berries, onions, parsley, legumes, green tea and red wine.
- Increase the intake of fiber and complex carbohydrates by eating 6 or more servings per day of whole grain breads, cereals, and legumes
- **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. they 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: Anti-inflammatory, Prevents free radical and oxidative damage. Protects and preserves the structure of capillary blood vessel integrity, Capillary fragility, Cardiovascular disease, Metorrhagias, Sports injuries and trauma, Varicose veins

Please call us at 1-800-RXDARCY (1-800-793-2729) [M-F, 9-to-5 est] for assistance with your personalized treatment.

**The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

