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CHAPTER 1: HEALTHY DIETS AND SUPPLEMENTS

Varicose veins can be a big difficulty to effectively treat, and much of the time the treatments will not fit into the daily schedule, because most of the time, we are quite busy. It is surprisingly difficult to find any treatments that can easily, quickly and simply help you to ease the inconveniences of having varicose veins.

Thankfully, there are always other options, and there will be at least one of these options that suit your lifestyle. One of these more simple options is to make some moderations to your diet. The food that you take in can greatly affect all aspects of your life, and that includes varicose veins.

There are several beneficial modifications that you can make to your diet that will provide a positive effect on your veins. Most of these will blend in easily with your regular day. Some are more extreme; though generally these are quite effective and still don’t take much extra effort. They may even save you money on groceries.

It is useful to compare and contrast the different options available to you. Therefore, you can choose the option that suits you. The decision is yours to make. They are all fairly simple, and will generally benefit your varicose veins greatly.

In this chapter, we will cover the general changes that you can make in your diet to treat varicose veins.
CONCENTRATE ON FIBRE

Fibre is already an important part of our daily dietary intake. It provides us with many important things and is a vital part of several of our body's natural processes. Fibre is particularly important for those with the troublesome varicose veins. It can be used as a welcome reliever of any unnecessary pressure on the veins in several ways.

As fibre plays an important part in the digestive system, it can relieve most of the varicose veins in the upper legs. It does this by preventing strain on bowel movements. If there is too little fibre in your diet, you may have some digestive problems such as constipation. The extra pressure you exert while going to the bathroom with this kind of problem can cause your varicose veins, particularly the ones in the upper thigh region, to become angry and inflamed, making them stand out much more clearly. Getting an adequate amount of fibre in your diet will smooth out your bowel movements, placing much less pressure on your varicose veins.

People who suffer from constipation on a regular basis are very likely to get varicose veins, and should definitely consider improving fibre intake, even if just as a preventative against them. People who already have varicose veins and suffer from constipation regularly should also consider this, as their veins will be very much soothed by the lessening of pressure on the area.

To increase your fibre intake is very simple, easy and cheap, with just a few extra products placed in your shopping cart each time, costing only a few extra dollars, while at the same time improving your general health, and the health of your veins, to an amazing extent.

It is best if you try to base your entire diet around high-fibre foods such as wholegrain foods and lots of fresh fruit and vegetables. A good example of this is, instead of buying regular white bread try to find whole-grain bread to replace it with. The same goes for breakfast cereal. Instead of having a sugary cereal that does more harm than good, find a grain-based cereal instead. This is not only healthier, but it will have a very positive effect on varicose veins.
Including as many fruits and vegetables in your daily intake is possibly the best way to increase fibre. The recommended serving of fruits and vegetables each day is 2 fruits and 5 vegetables, but sometimes it is in your best interests to go slightly above this level if you are having trouble with constipation and varicose veins, at least for a time. It is also a healthier and better option, especially for treating varicose veins, to eat all fruits and vegetables raw, as cooking them can remove some of the nutrients, and that includes fibre. If you like your vegetables cooked, then try to cook it for less time, so there is still a lot of fibre in it. Blackberries and cherries are also very good for treating varicose veins, working both as a preventative and a reliever of the discomfort they cause.

There are also fibre supplements available for purchase in most stores. These can come in the form of capsules, tablets, powders and many others. This is also an easy and fast way that you can get some fibre into your system. This may not suit some people, as a lot of the time they don’t taste particularly nice.

There is a flip side to this coin however, as too much fibre in your diet can cause you to hit the reverse end of this problem, causing things like diarrhoea. The recommended dosage for daily fibre is at least 30 grams. Hitting just above this mark is the best thing to do. Also, make sure to increase your water intake when you have more fibre in your diet, as failure to do this can just make your constipation worse.

Once you are getting enough daily fibre into your system, your varicose veins should become less aggravated, look better and feel better, and your general health will definitely improve.
**VITAMIN C AND OTHER SUPPLEMENTS**

There are a variety of nutrients, including vitamins and minerals, in anything that we eat, from pancakes in the morning to a nice steak in the evening. How much of each nutrient they have depends on what they are made from. For those with varicose veins, having a good nutritional balance is very important, though sometimes this is a very difficult thing to be able to achieve without going on lengthy diets, consulting with tens of nutritionists or finding absurd scams that will get you nowhere.

With all health conditions, there is generally always a nutrition deficiency behind the scenes somewhere causing it, or at least making it worse. It is the same with varicose veins. In those cases, correcting the nutrition deficiency is the key to successful treatment of varicose veins.

Nutritional deficiencies can be easily corrected with some daily supplements. These can be taken in the form of tablets, capsules, powders or liquids, and several less known and less used others.

Each vitamin and mineral and other nutrient has its own part to play in the body, and its own benefit on it. A lot of these benefits involve veins, and as such can be used to help treat varicose veins.

To help speed up varicose ulcer healing, and for a better skin integrity, it is recommended that you take in 25,000 IU (international unit) of vitamin A through beta carotene. Beta carotene can be found in common foods such as carrots and lettuce and other vegetables.

Keeping and maintaining strong blood vessels can be achieved through the use of vitamin B complex. It is suggested that you take one teaspoon of brewers’ yeast and one comprehensive tablet, though there are other ways to get enough B complex.

A very useful vitamin to have in your system is vitamin C, as well as bioflavonoids. The recommended daily intake for vitamin C is roughly 1,000 – 5,000 milligrams, and 100 – 1,000 milligrams of bioflavonoids. This will do several things, including aiding the healing of sores, promoting healthy circulation, and preventing dilation by strengthening the walls of veins. Vitamin C
can be taken in through most fruits, such as apples or oranges but it is more plentiful in the more exotic fruits such as guavas and jujubes.

There are several kinds of bioflavonoids, but the most common to be used in treating varicose veins is rutin. It can be found in foods such as citrus fruits, blueberries, blackberries and buckwheat. It is used quite commonly for treating varicose veins and seems to work quite effectively.

To aid in prevention of varicose veins, relieve pain and discomfort caused by varicose veins, and improve general circulation, vitamin E is suggested. The recommended daily intake for vitamin E is quite low, at only 30 IU, but for most people, 300 – 800 IU daily is a safe and effective amount to have. However, taking this much a day can cause dangerous bleeding in people with moderate coagulation factor deficiency.

Vitamin E can be taken in capsules or tablets, and the most effective way to relieve localized discomfort is to squeeze the liquid out of capsules and apply it to the area.

50 milligrams of zinc daily can assist with healing, and also ensures that there is the correct amount of vitamin E in the blood.

These simple vitamins added to your diet can perform a number of welcomed functions on your varicose veins, including reducing irritation, helping to heal sores and ulcers and even helping to prevent varicose veins from occurring. This is a very effective and simple way of treating varicose veins and will in turn do many things for your body. It is definitely considering adding these vitamins into your meals.
EATING BLUEBERRIES

Blueberries are considered as the sweet, delicious power-houses of the fruits. They taste fantastic in pastries, as jams, or just on their own, but they also have an absolutely astonishing amount of nutrients in them too. This is why they are chosen as one of the best dietary treatments for varicose veins. Blueberries are a very common treatment, and have a range of useful effects and benefits.

Blueberries are included in most weight-loss programs and diets. This is because they are a delicious way to stay fuller for longer, leaving you with less desire to snack on unhealthy foods such as potato chips or doughnuts. Losing weight can remove some of the pressure from the legs, which helps to prevent any varicose veins from forming, as well as easing the discomfort of already formed varicose veins.

The large amounts of fibre, commonly called roughage, in blueberries also aids in digestion, preventing both constipation and diarrhoea from placing any unnecessary pressure on the upper thigh area. Without this pressure, varicose veins are generally less aggravated and inflamed. It also aids the urinary system, which will also help to relieve the pressure on that area.

Blueberries are also amazing in the fact that they are very impressive anti-inflammatory foods. They will relieve any general inflammations and discomforts around your body, and this just happens to include all varicose veins. This is very useful for those who find that they get some irritations around and in their veins, as blueberries will generally clear that up quite easily.

Varicose veins are generally caused by a circulator problem brought on by age and general wear-and-tear. Blueberries actually combat varicose veins at their source: the circulatory system. Blueberries are a very effective circulatory strengtherner, keeping the walls and blood healthy. Strengthening the circulatory system is not only generally healthy, but it affects varicose veins as well. A good circulation is very important when treating varicose veins, and thankfully, blueberries are able to accomplish this health factor.
Studies show that wild blueberries are much more nutritious than any cultivated blueberries could be. Wild blueberries are definitely the option to choose in this case. They can be commonly found frozen, which is most convenient for most people, as they may be out of season, but there may be some fresh ones around in certain times in the year. It could take some time to find the best brand to get them from, but the results are generally worth it. It is also best not to cook them or have them in pastries, such as pies, as this will remove a lot of the many nutrients that are present in them, however, cooked blueberries are still better than none, and will still have a positive effect on your body.

Remember, the darker the berry, the healthier and better for your veins it will be. A handful of blueberries each day is a simple and delicious way of keeping a healthy body and healthy veins. There are many hundreds of ways to eat them, and everyone has their own personal opinion on this. But generally, any blueberries are definitely better than no blueberries at all. And blueberries are tasty enough to keep you coming back for more.

**EATING GRAPEFRUIT**

Most well-known for its lovely juices, grapefruit is a very nice fruit to eat, or drink, in general. It is a favourite among a lot of people, but it also has a whole load of nutritional benefits that very few people know about or acknowledge. Little do people know that their favourite fruit is doing for their general health. Grapefruits are especially effective for treating varicose veins, as they have a range of benefits on things that relate to the causes and effects of varicose veins.

Because grapefruits are very high in water, they are very good for your health in general, but they do have a certain effect in the metabolism. The water in grapefruits improves the metabolism by speeding it up. As well as making us less prone to diseases and infections, this improves the circulation, which is very good for varicose veins. It makes them stronger and less persistent in hanging around. It may also make them duller against your skin.

Grapefruits are also very good in weight-loss programs, as they are very filling but still have very low unwanted carbohydrates, due to the high water content.
Staying satisfied for longer and with less food is always good for losing weight, and grapefruits are extremely effective in this manner. Losing those few extra pounds will also relieve some of the pressure placed on varicose veins by all the excess weight pressing down on the legs. Pressure on the legs is a main factor in varicose veins, and relieving this pressure will be extremely beneficial for varicose veins, leaving them less aggravated.

Vitamin C has many uses in the body. In particular, vitamin C is very good for the health of veins. It aids with healing any sores or ulcers that may have formed in the varicose vein, which can be very uncomfortable and painful, as well as improving general circulation around the veins. It also strengthens vein walls, which prevents any unwanted dilating of the veins that may cause circulatory problems, leading to a ridiculously large amount of vibrant varicose veins.

Grapefruit is also very good for your skin and complexion. Eating grapefruits may help to dull the colour of the veins against your skin, making it look clearer and healthier. For the irritating veins around the middle of the leg which always show in the summer time when you are wearing shorts, grapefruit is a great remedy.

The most common form of grapefruit that can be found in practically every grocery store is grapefruit juice. This is a very easy and simple way to get some extra grapefruit in your diet, and tastes great. Finding the right brand may be a small problem, but as long as the juice is mainly natural and fresh, it shouldn’t be a problem. It is also good to get fresh, but possibly less convenient for most people.

This is a very easy and simple way off treating varicose veins, though it is one of the less known ones, as it is out shadowed by the more popular blueberries. Still, it is a very convenient and effective treatment, and should be considered and known through more people. Varicose veins stand no chance against this fruit.
There are many other ways to rid yourself of varicose veins, or at least clear them up to some extent. Including or lessening a few common foods is even enough to help in some way.

Drinking lots of water is an extremely important thing to consider. Water is the basis for all human life. On average, if we go without water, we would die in three days. This is an exceptionally short time for just one thing to kill us in, but it is a fact: If we do not drink water, we die. Our health relies on water to keep it going. Without enough water, our health will disintegrate. This is not a very pleasant thing for anyone to experience, so it is definitely important to drink lots of water.

Water has a very special meaning when it comes to varicose veins due to fibre. If you increase your fibre intake, as is recommended, and do not drink enough water, that fibre can then seriously backfire on you, giving you massive digestion problems. This is very bad for the varicose veins in your legs, and should be avoided at all times. It cannot be stressed enough, drink enough water.

Drinking enough water also improves your metabolism, which, in turn, improves your circulation. Circulation is very important, as the root cause of varicose veins is in fact, the circulation. Once the circulation has been improved and strengthened, varicose veins should not pose much of a problem to the average person.

In short, water plays a very major and important role in the health of your veins, and your general well-being as well. Eight liberal glasses of water daily is recommended for the best results possible.

Taking it a little easier with the liberal sprinkling of salt on all your meals is also a very useful thing to do. Having too much salt in your diet can result in all sorts of uncomfortable things, and many of these things have a negative effect on varicose veins, which is something to be avoided at all costs.

Foods like ginger, garlic and onions actually prevent any more varicose veins from forming. They break down the fibrin around the vein, meaning that very few to no more varicose veins can form. Ginger, garlic and onions are very good
garnishments to any meal, and generally make any food taste better. Adding these to your meals is a very healthy thing to do.

Any other foods, such as bananas, that will help to strengthen your legs will also be a very useful thing to put into your diet. Having nice, strong, healthy legs is a very good thing when it comes to treating varicose veins. Having weak legs will only make matters worse.

There are thousands more ways that all claim to be able to cure varicose veins. Many of them can, while some of them can’t. The basic methods listed here are not all that you are limited to. If none of these suit you, perhaps try speaking to a nutritionist. The majority of these treatments, however, are all amazingly convenient, fast and effective, and will go a long way.
Do you live a sedentary lifestyle?

Are most of your hours spent slouched on the sofa engrossed on what’s happening on TV?

Or you just unconsciously ride your way to work via elevator or the escalator?

Or your job entails you to be on your feet most of the time?

And you hate walking those extra blocks to your grocery store. All this time you don’t have a clue to what’s happening to your legs. Until you feel some pain and find encroaching ugly varicosities on your lower limb.

But don’t fret, here’s help.

Experts agree that the cause of varicosities especially at the lower legs is due to inactivity and too much standing on your feet. The function of your leg veins is to propel blood to your heart. Your leg veins are equipped with valves to prevent blood flow back to your extremities but to keep the blood going to their journey to the hearty.

Now, sedentary activities don’t do your leg veins a favour. Poor blood circulation stagnate blood in the lower extremities and destroy vein valves and the capacity of the veins to propel blood back to the heart.

Activities such as too much sitting cause blood to pool in your lower extremities. Additionally, your veins’ valves become useless to prevent backward flow. Consequently, you’ll see with your own eyes, varicosities in your once unblemished legs.

Exercise is a wonderful way that works to prevent and control varicosities. Exercise maintains good blood circulation aside from the benefits of maintaining your weight and on your overall health.

Exercise does the following to prevent and alleviate varicosities:

• stimulates circulation to avoid of pooling of blood in your leg veins

• improves muscle tone to support your veins
Maintains your weight or even helps you lose weight (Obesity is one cause of varicosities.)

The best exercises and activities to prevent varicosities are walking, swimming and pedalling. Lunges, stretching your legs, leg lifts, walking with your toes tones improve strength of your calf muscles.

But not all categories of exercise are beneficial for preventing varicosities. Intense activities such as high impact aerobics, strenuous cycling, jogging and other intense exercises can increase blood pressure in your legs and do the opposite. It may actually encourage varicose vein formation.

If you can’t get away from the TV, get a rocking chair and gently rock while you’re absorbed in your favourite soap opera.

Formulate an exercise plan that you can easily fit in our daily routine. You can start your day with a brisk walk for around 20 or 30 minutes.

In your work or at the office, take small breaks and stretch those legs or walk around instead of sitting. Leg-muscle stretches aids in blood circulation and prevents pooling of blood in your lower extremities.

You can go swimming or a biking at the end of your day.

If, however, you need guidance to control your varicose veins from worsening but hate surgery, you can ask assistance from an exercise therapist. A trained exercise therapist can customize the best exercise regimen for your condition.

If you embark on an exercise regimen, make a committed decision to do it on a regular basis for best results. It should be something you love to do.

Aside from endowing you with an over-all well being and health, regular exercise will keep off those varicose veins from ruining your legs. So, get on your feet and exercise.

In this chapter, we’ll discuss superb exercises and activities that can assist in preventing further development of varicosities.

PEDALING
If you’re into biking or cycling, pedalling your bike reaps enormous benefits not only towards your over-all cardiovascular health but prevents varicosities too.

On a downwards stroke of the pedal most of your leg muscles contract and our veins propels blood upwards to your heart. When leg relaxes, muscles relax and veins are filled up with blood again while your other leg pushes downwards.

Continually, it drains and fills the veins in a rhythmic way as you pedal. Without doubt, it strengthens and tones your leg muscles. The rhythmic pedalling movement of emptying and filling of blood of your leg veins improves their integrity. As such, blood doesn’t get pooled initiating the formation of ugly dilated veins.

A stationary bike can also take the place of the real thing. If you use one, you’ll still reap the benefits of exercise the same as when you employ a real bike and improve the integrity of your leg veins.

Biking or stationary biking doesn’t put undue strain on your legs and are easy on your knees to and therefore are excellent as therapy and prevention.

Pedalling when you do floor exercises can also improve circulation in your legs.

Here are the techniques.
- Lie flat on your back on the floor. You can use a yoga mat or any mat you use to exercise.
• Put out both of your hands on the sides or if you prefer beneath your buttocks, whichever feels more comfortable. Your hand on buttocks can also prevent strain on your lower back.

• Inhale and exhale deeply for some minutes.

• Then, lift your legs off the floor.

• Pedal as if you’re pedalling a bike.

• Continue up to such time you feel blood circulating in your legs or as much as you can tolerate

• If your legs are low you’ll be working on your abdominal muscles too and in the process tone your abdomen.

• The more you elevate your legs you’ll have more chances of blood circulation going in your legs.

**LEG LIFTS**

If you spent your day at the work on your chair with nary a time to get up or you’ve been on your leg all day. It wouldn’t be surprising to feel those throbbing pain in your lower extremities.

When you stand or sit for long periods of time, your leg veins can’t efficiently do its function of propelling blood towards your heart. As a result of gravity, blood accumulates in your feet, ankles and leg veins.
Also, those vein valves become incapable of preventing backflow of blood. Your lower leg veins consequently your lower veins expand to accumulate the extra volume of blood.

If this happens habitually, you’ll notice varicose veins running the length of your legs. If you won’t address this urgently, they can permanently become dilated and tortuous.

So what can be done? Here are foolproof ways to relieve pain as well as prevent varicosities:

- Lie flat on the floor put up your legs on the wall or chair. For a short 2 minutes pooled blood in your lower extremities moves toward your heart. The relief from pain is instantaneous. Do this every day and you’ll see results.

- Lie on the floor. You can put your hands out on your sides or beneath your buttocks. Now, press your lower back and buttocks against the floor. Gently lift one leg straight upwards. Hold it perpendicular to the floor for as long as you can endure. Then gently lower it. Repeat this with your other leg.

- Or move your buttocks near a wall and put up your legs onto the wall. You’ll feel the blood drain and an easing of your leg pain. Additionally, you can raise both legs and rotate your ankles.

- Raise the foot of your bed a few inches. Add a block of wood to raise the foot of your bed. When you’re snoozing your leg veins will pump blood effortlessly to your heart.

- At work, during break time put up your legs above your heart especially if you spend most of your time standing up. Putting your legs higher than your heart helps drain the blood from your legs to your heart.

- Put up your feet higher than your hips when sitting down for long periods of time such as when you’re home watching a movie or at the office. If you can, put a stool under your table and prop your legs up while working. An ottoman or a recliner can do the trick at home.

Incorporate these easy to do exercises in your daily exercise regimen and you’ll see results. These exercises help greatly improve circulation in your lower extremities, drain blood of your lower extremities to your heart and thereby, preventing varicosities.
If you love to swim, this is an excellent way of exercise to prevent varicose veins. You get a lot of leg workout and improve your leg circulation immensely as well as relieving pressure on your varicose veins. When you swim, your legs and heart are at the same level which prevents blood pooling at your lower extremities.

Swimming is good for your leg veins which go against gravity. Swimming involves so many muscles that it is a great overall work out.

For beginners, you can swim by moving those legs in a scissor like motion while your arms sweep back and forth. If this tires you easily, do leg lifts in the water. Just moving your legs in there improves blood circulation in your veins.
**STRETCH YOUR LEGS**

If your job entails sitting on a job the whole day, chances are you’re at high risk of developing unsightly varicose veins.

It’s best to take a break every 45 minutes stand up or walk around your office. Or you can do calf stretching exercises to prevent unpleasant varicosities in your legs. Here are proven but simple work outs to stimulate circulation in your legs.

- **The Desk Chair Workout:**
  - While you’re seated (Be sure your chair is steady.) remove your shoes, then rotate your ankle counter clockwise.
  - Change the direction of rotation.
  - Extend your leg, point your toes out and flex your foot back and forth.
  - At the knees, bend your leg back and forth five or ten times.
  - Repeat with the other leg.
  - Repeat this series at least three times.

- **Calf Stretching:** You'll need a low firm or stable bench. And do this beside a wall for safety.
  - Stand on the low bench with both feet with heels extending over the edge of the bench.
  - Carefully raise yourself up on your toes.
Lower your heels below the step. Be careful that you don't lose your balance.
Repeat 40 times.

This is a variation:

Stand on a step.
Drop your heels below the height of the steps.
Repeat 40 times.
Hold the banister lest you lose your balance.

Calf stretching tones and strengthens your calves to efficiently improve circulation in lower leg veins to pump blood back to your heart and avoid pooling.
WALKING WITH TOES

One easy way to tone, stretch and strengthen your calf muscles and avoid the nuisance of varicose veins is to tiptoe around the house while you do some chores. Alternate this with walking on your heels.
USING RIGHT SHOES

Some women do love to wear high heeled shoes. High heeled sandals or stilettos give women them killer legs interesting to look at. But the downside is, if you wear the same length of 3-4 inch heels everyday and every hour, you’ll have an increased risk of developing varicose veins.

Those high heels burden the muscles compromising blood flow. Your veins will find it difficult to pump blood to the heart and blood pools in your lower extremities. As a consequence, you’ll be having tired leg muscles, ankle swelling and varicose veins.

Low heeled shoes work your calf muscles which naturally improve blood circulation in your legs while high heels keep your leg muscles continually flexed compromising blood flow.

Here are some tips to consider when wearing shoes to prevent varicose veins in your legs:

- Consider wearing different lengths of heels. Alternate high heels with low heels. Wear high heels for a night out and the next day wear medium heels at work. When you do some walking wear flat heeled shoes.

- If you’re pregnant common sense dictates you’ll have to wear sensible low heeled or even flat shoes.
• If you use your office uniform, wear medium heeled shoes with your office uniform and shift to flats when you’re in the office.

• Shoes can provide support in your foot and ankle area. Snug fitting shoes can prevent ankle swelling. You can wear this when you walk a lot. Be sure that the shoes aren’t tight but just enough snugness to make you comfortable.

• Match your low heeled shoes or flats with your outfit. If you’re the jeans type of person, use snug fitting jeans and finish it off with trendy colorful ballet shoes or stylish sneakers.

• Choose the right pair of shoes for the right activity. If you go biking you’ll look ridiculous wearing killer heels not to mention the discomfort and hazard of those pair of shoes. When you go hiking wear hiking shoes, when mountain climbing wear mountain climbing shoes. These are sensible advice from podiatrists. You’ll save your legs from varicose veins too.

• Flat sensible shoes don’t need to be boring, you can choose from a variety of trendy stylish shoes to match your wardrobe.

• Purchase shoes that fit properly. Shop for shoes later in the day when your feet become large rather than in the morning for a better fit.

Now, who says flat shoes look ugly and boring? They can save your legs from developing tortuous veins and spidery veins.
LUNGES

Here's a quick lunge that can benefit your varicose veins. Just do 10 to 20 repetitions a day alternating sides.

- Stand with your feet hip-width apart
- With your left foot take a large step forward. With your left foot in place, bend your left knee so your thighs are perpendicular to your leg or a 90-degree angle.
- Your right knee should look like it's about to touch the ground. Stay for some seconds in this position.
- Then, pull your left leg into the starting position.
- Repeat with your right leg.

When you do lunges your leg muscles flex and constrict your veins. As a result, your veins propel pooled blood to your heart. Your heart exerts more effort to pump the extra blood and improves your overall circulation. Lunges may look tame but they’re a good cardiovascular work out.
CHAPTER 3: ACUPUNCTURE AND ACUPRESSURE

ACUPUNCTURE

If you’re scared of going under the knife, there are other alternative ways to treat your varicose veins.

Acupuncture, one of categories of traditional Chinese medicine dating back several thousands of years ago, explains that varicose veins is a condition of stagnation of blood in the veins.

Moreover, varicosities are attributed to a weakness of the muscles including the surrounding connective tissues of the body. Accordingly, these tissues are governed by the spleen network of the digestive system.

Consequently with weakness of muscles and connective tissues, blood and energy is pooled and gnarled varicose veins are the result.

The way to treat varicose veins is to strengthen the spleen networks, improve digestive functions, tone the muscles and stimulate blood and energy flow.

According to the Chinese medical tradition, varicose veins are compared to blocked water pipes. Blood doesn’t flow freely towards the heart. As a result, the veins become dilated because of the pressure of pooled blood. Those bluish thick veins sometimes are accompanied by a pain, pressure, swelling, and worse ulceration and infection.

Acupuncture corrects poor blood circulation. Additionally, acupuncture re-distributes energy flow as well as abnormal blood, the culprit in varicose vein formation.

Acupuncture as everyone knows or have observed utilizes needles. When acupuncture needles are inserted at strategic points in your body, it encourages the stagnant or pooled blood to move along the blocked veins and adjacent blood vessels.
Also, areas are selected to coordinate the energy and blood flow so as to supply more blood in these areas. Now, when blood starts moving and the blockage is corrected, there would be an improved circulation of blood in the area. An added bonus is a strengthened immune system.

You might not be used with this alternative treatment. You’d even think it is painful with all the stuck needles in the skin. Actually, there is just a tiny bit of discomfort. You’ll usually feel just a pinprick sensation. Sometimes tingling and pressure are felt with electrical stimulation. You might even feel some heaviness, itchiness or a mild irritation in the area where the acupuncture needle is inserted.

These are signs that the blocked blood is starting to move. However, on your first acupuncture session, blood can’t circulate freely as yet because of the insufficiency of blood supply.

You’ll need a series of acupuncture treatments until the stagnant blood is cleared with increased blood supply. You’ll notice that after a series of sessions the veins become lighter when they are filled with new blood. The veins will be rejuvenated and return to their earlier flexibility. With additional visits you’ll gradually see those purplish or bluish veins completely fade and other discomforts alleviated.

Some patients need 7-plum-needles tapping treatments that results to bleeding on the skin surface to let out the superficial stagnant blood.

Don’t panic though if this happens to you, the bleeding is minimal. You might be given oral herbal pills or herbal tablets to improve the entire body’s blood circulation. Herbal decoctions are given as supplemental therapy for soaking and washing the concerned area to speed up the healing process.
ACUPRESSURE

Acupressure can relieve associated pain and discomfort of varicosities. Acupressure can help stimulate blood circulation and target certain veins prone to varicosities. And the good thing is you can do it on yourself without any side effects.

Here's the technique of acupressure:

- Put up your right leg first.
- Find the acupoint - Foot Three Mile (St 36). You'll find the acupoint four finger widths below the kneecap on the right leg. You'll feel a depression between the leg bones slightly to the right of the right leg.
- Apply moderate pressure employing your thumb.
- Hold it for 5 minutes until you feel sore.
- Repeat on the left leg. You'll find the acupoint as a depression slightly to the left of the left leg.
- Find another pressure area - the Three Yin Crossing (Sp 6). Use four finger widths to locate it above the inner ankle bone. This point is a depression near the bone on the right leg.
- Apply steady pressure for three minutes with your thumb. You'll feel a little soreness.
- Repeat with your left leg.
CHAPTER 4: AROMATHERAPY

An effective alternative therapy for varicose veins is the utilization of aromatic compress, creams or ointments or mixtures of essential oils.

Infused fragrant or aromatic oils from dried plant, heated in fatty oil and filtered are used for alleviating the pain, tiredness, heaviness of varicosities in the lower extremities.

The fragrant oils from different known herbs are mixed into an herbal decoction and applied as a compress directly to the leg areas with varicosities. They exert a direct pharmacological action on the leg veins and muscles, treating varicose veins and easing its accompanying symptoms.

Some of their effects are astringent or dilatory. They also soothe and re-invigorate the skin and the circulatory system.

The essential oils of witch hazel, cypress, geranium, chamomile, myrtle, frankincense, juniper berry, lavender and rosemary used alone or in combination are found effective in healing your varicose veins.
AROMATIC COMPRESS

Here are some aromatic compress remedies that work:

- **Witch Hazel**

Witch hazel cream or ointment can be massaged twice or thrice daily into the affected area of varicose veins. They reduce the emergence of varicosities and spider veins. However, it can take some two or more weeks before the spider or varicose veins subside. A few may experience some adverse reactions such as minor skin irritation.

If the cream isn’t available you can concoct your own. In a bowl, measure one or one-half cup of distilled witch-hazel lotion. Refrigerate for an hour. Then add 6 drops of cypress essential oil and a drop of lemon and bergamot essential oils.

Apply the solution as a compress. Soak a clean cloth in the bowl then apply directly to the area for 15 minute while you elevate your legs on pillows. You’ll feel a soothing effect immediately.
The mixture has an astringent effect shrinking small blood vessels and reducing minor swelling

- **Cypress and geranium essential oils**

![Cypress and Geranium](image)

Cypress

Mix together 12 drops of cypress and geranium essential oils in 4 ounces of either almond, sunflower or soy oil. Gently stroke the mixture over the veins in an upward motion towards the direction of the heart. Don’t massage directly the varicose veins but massage the surrounding areas.

Cypress has an astringent property which tightens veins and makes them less visible. It additionally stimulates blood circulation.

- **Rosemary essential oil**

![Rosemary](image)
Massage oil of rosemary into the affected area of your legs with those varicosities. The rosemary oil works by dilating the capillaries. When the capillaries dilate, they stimulate circulation promoting the pooled blood to flow towards the heart.

- **Chamomile, myrtle, frankincense, juniper berry and lavender essential oils**

Massage oils that contain any of these ingredients can ease inflammation and pain and aids in reducing enlarged veins. Rub the massage oils lightly without much pressure on the veins since these veins are already fragile. When massaging into the affected areas utilize upward strokes toward the heart.

- **Lavender Carrot Compress**

Mix together three drops each of chamomile, carrot seed and lavender oil in a cup of cold water. Add a teaspoon of tincture of calendula or St. John’s Wort.

Stir a clean soft cloth in the mixture, wring it and place directly over the broken varicose veins or hemorrhoids as often as necessary. You can use it daily for gentle relief.

This mixture is most useful when the skin over varicose veins or hemorrhoids have an associated inflammation breaks out and ulcerates.

- **Vein oil**

Mix together ten drops of palmarosa oil, 8 drops of cypress oil, 7 drops of chamomile oil, and an ounce of vegetable oil or St. John’s wort oil. Stir in a soft clean cloth in the mixture, wring it and apply directly over the affected
area once or twice daily. This can relieve inflamed varicose veins and ease pain.

Aromatherapy can reduce the appearance of ugly varicosities and ease inflammation and pain. However, if ulceration breaks out and infection steps in, it would be wise to consult a physician.
CHAPTER 5: COLOR THERAPY

Obviously, you'll feel more cheerful entering a room painted with vibrant yellows than when it’s painted a dismal black.

Admittedly, different colors have a way of affecting your mood and your health too. As an alternative therapy, the energies of color can restore the malfunctioning of your veins. In short, they can heal and improve symptoms of your varicose veins.

Color therapy or chromo therapy is an ancient form of treatment dating back thousands of years. It had been utilized by the Chinese, Egyptians and Indians to help the body heal itself.

Colors aren’t inert. They have their own unique vibrations and frequencies and affect our different bodily organs and tissues.

To stay healthy, our organs and tissues require the same energy frequencies contained in those colors. If your body is diseases or injured, it is believed that energy from that area of your body will be disturbed. When a specific color with its innate frequency and energy enters your eyes, it activates the production of specific hormones and biochemical reactions happen to help your body heal itself.

Experts in the practice of color therapy utilize light filters, colored silks, crystals, waters, meditation and color breathing to imbue you with deep relaxation, warmth and a general sense of well being.

There are seven important colors employed in color therapy each corresponding to the part of the body or organ it can heal. These colors are also the same colors of the 7 body chakras: red, orange, yellow, green, blue, indigo, and violets.

Well balanced chakras consequently endow health and wellness. An unbalanced chakras result in illness and color therapy with their energies re-balances these energies through application of the right color. As a result, the absent energy is supplied to restore energy, health and wellness.

The best colour therapy for varicose veins is indigo, a combination of blue and violet. Indigo relieves pain and has an astringent effect for hemorrhoids and varicose veins.

Cover the affected legs with a single or double layer of cellophane. Then expose to sunlight or strong electric light once a day for thirty minutes.
If you have complications of varicose veins such as ulcerations, expose the affected area to blue light radiation for thirty minutes each day. Follow this with ultraviolet for 45 minutes. Do this daily for 10 to 60 days for best results.

Color therapy is non-invasive treatment, safe and gentle. It is one way to increase your overall well being.
CHAPTER 6: HERBAL THERAPIES

HORSE CHESTNUT EXTRACT

Horse chestnut is native to Greece, Bulgaria and other Balkan countries. It grows lushly in the Northern Hemisphere.

The plant is also called Spanish chestnut and buckeye (but shouldn't be confused with the California or Ohio Buckeye trees.) It is scientifically named as Aesculus hippocastanum.

The seeds, bark, leaves and flowers have been traditionally utilized for treating a variety of diseases.

One of its main medicinal property is in treating chronic venous insufficiency, a condition where blood isn’t effectively propelled back the heart. This condition is presents with leg or ankle swelling, leg pain, feelings of leg heaviness, varicose veins, skin ulcers, night time leg cramping and at times itching.

As reported by the National Institute of Health, there is good scientific evidence that horse chestnut is beneficial as treatment for this condition.

The report concluded that horse chestnut is as effective as compression stockings in treating and alleviating the symptoms of venous insufficiency. Additionally, the research study concluded that there isn’t enough evidence that
horse chestnut can be used for other diseases or conditions apart from venous insufficiency.

Aescin, is the active ingredient of horse chestnut seed. Additionally, it contains flavonoids, biosides, trisides of quertins, and oligosacharides including 1-ketose and 2-ketose.

Horse chestnut's medicinal property to treat venous insufficiency is attributed to aescin. Aescin is standardized to 16 to 20 percent.

The recommended dose is 300 milligram taken twice daily or every 12 hours up to 12 weeks. A dose contains 50-70 milligrams of aescin. The seed extract can be given up to a safe maximum of 600 milligram per day.

There are topical preparations of the extract and can be applied externally for varicose veins. The gel topical preparation contains 2% aescin and can be applied thrice daily.

Horse chestnut extracts shouldn't be given intravenously or intramuscularly as they cause serious adverse reactions.

Parts of the horse chestnut shouldn't be eaten raw such as its seeds, flowers, leaves and bark because of esculin which can be poisonous. When these plant parts are properly processed the seed extract aescin can be rendered safe.

The main side effects when taken orally include gastrointestinal irritation and nausea. It can also increase bleeding tendencies.

Caution should be given to people with diabetes. Studies show that it has a tendency to lower blood sugar levels and has an additive effect with other hypoglycemic drugs.

If applied directly to the skin, some minor allergic reactions may ensue such as itching and redness. It isn’t safe if you’re suffering from kidney or liver disease or if you’re pregnant or breast feeding. It isn’t safe for children.

If you’d like to take horse chestnut capsules or topical gels for your hemorrhoids and varicose veins, inform your health care provider especially if you’re given other medications. Some interactions with other drugs can be severe.
GRAPE SEED AND PINE BARK EXTRACTS

Everyone is familiar with grapes, but did you know that its seeds have been proven to in the treatment of varicose veins and its accompanying symptoms?

Grapes - scientifically known as vitis vinifera - are cultivated temperate countries. The grapeseed is obtained from wine manufacturers.

Studies have shown that the medicinal properties of grape seed extracts are attributed to the procyanidolic oligomers, a class of bioflavonoids.

Procyanidolic oligomers are powerful antioxidants that enhance capillary and vein function. The good news is that research studies have concluded that these compounds in grape seeds are effective in relieving symptoms of venous insufficiency such as in varicose veins and its resulting leg swelling.

These compounds work by reducing blood vessels from leaking fluids that cause edema or swelling in your lower extremities. They are also valuable in alleviating painful symptoms of hemorrhoids. Additionally, they are helpful in decreasing bruising and other conditions resulting to edema like in injury or trauma,

Apart from varicose veins, randomized trials have proven that grape seed extracts are beneficial for diabetic retinopathy and vascular fragility.

Grape seed extracts are also claimed to treat a variety of conditions and symptoms. But the National Center for Complementary and Alternative Medicine (NCCAM) concluded that additional studies should be conducted to prove them.
You can take grape seed extract safely. Clinical trials prove that it is well tolerated up to 8 weeks. Grape seed extract are available in capsule and tablet forms. The daily dosage is 100 to 200 mg.

Some adverse reactions are observed such as a dry itchy scalp, dizziness, headache, high blood pressure hives, indigestion and nausea.

Interactions with other medications haven’t been evaluated. So, if you plan to take grape seed for your varicose veins don’t forget to mention this to your health care provider.

**BUTCHER’S BROOM**

Butcher’s broom is another identified herb utilized for treatment of varicose veins and its complications.

Butcher’s broom had been eaten as a vegetable since ancient times. It is a small leafed plant known to have originated in Hungary, the Mediterranean and in Europe.

It resembles the asparagus in physical appearance and is also known as sweet broom, Jew’s Myrtle, Pettigree, Knee Holy and Kneeholm.

Butcher’s broom is effective as an anti-inflammatory, a mild laxative, aromatic, diuretic and vasoconstrictive.

If you currently suffer from dilated varicose veins, its vasoconstrictive properties tighten dilated veins. Hence, it aids the veins to pump blood towards the heart.

This prevents the pooling of blood especially in the lower extremities. Additionally, it improves the integrity of capillary vessels – those tiny vessels that can dilate seen as tiny spider veins.
One complication of varicose veins is retention of fluid in the lower extremities known as edema which usually gives a feeling of heaviness. The diuretic property of Butcher’s broom hastens the elimination of fluid retention and excretion of this extra fluid in the urine. This highly improves the leg swelling. As such, the herb is a natural treatment for varicose veins.

As a mild laxative it eases constipation which at times aggravates hemorrhoids. If constipation is the main culprit in the formation of hemorrhoids, Butcher’s broom can alleviate the straining. Straining increases pressure and tension in the veins that leads to hemorrhoids.

Additionally, butcher’s broom also improves blood circulation to the extremities. It is known as an anti-thrombosis which prevents blood clotting and useful in preventing thrombosis after surgery.

The chemicals in Butcher’s broom responsible for its medicinal properties are the steroidal saponins. These saponins are identified as ruscin, ruscioside and aglycones. It is rich in flavonoids like rutin. Rutin improves the flow of blood to the brain, hands and legs.

The leaves are used for medicinal purposes and are prepared as tea. It is prepared as a suppository for treatment of hemorrhoids, diseases of the veins and venous insufficiency.

Topically prepared Butcher’s broom is employed as an ointment to alleviate pain of rheumatism and arthritis. In capsule form the standardized dose is 1,000 mg added with vitamin C. Take the capsule three times daily for varicose vein problems.

Apart from its bitter taste when taken as tea and mild cases of nausea, there are no known serious adverse reactions with Butcher’s broom. It is however, contraindicated in people with hypertension.
CHAPTER 7: HOMEOPATHIC REMEDIES

Homeopathy, a holistic and an alternative medicine, can be employed to heal enlarged and tortuous varicose vein, hemorrhoids, leg pain and other circulatory system conditions.

Homeopathy works on the principle of “Law of Similars” or “like cures like.” This means preparations which cause symptoms on healthy individuals are given to individuals complaining of the same symptoms.

A homeopath – a practitioner of homeopathy-consults reference books, the so-called materia medica and matches a person’s symptoms to prescribed preparations or remedies.

Preparations are diluted serially and through vigorous shaking or succussion, the ingredients or the original substances aren’t identifiable. These ingredients are sourced from numerous animal, various parts of plants (herbs, shrubs or trees), minerals and other synthetic substances. They come in tablet or pellet forms and may also be prepared as homeopathic tinctures.

If strengths of drugs are in milligrams in conventional medicine, the remedies in homeopathy are in C, X or even Q which refers as to how many times it has been diluted. If X is used the original substance had been diluted 10 times, while if the C is used, the dilution is doubled. The LM or Q scale dilutes the ingredient in 50,000 parts of diluent. Hence, a dilution on the Q scale is about 2.35 times more than its designation on the C scale.

Experts have concluded that homeopathic remedies are safe and non-toxic that even pregnant women and babies can take them.
Pulsatilla, sepia, hamemelis and lachesis are homeopathic remedies for your varicose veins. These homeopathic preparations are usually available in pellets, soft tablets, liquid dilutions and Mother tincture in potencies of 6C 12C, 12X, 30C, 30X, 200C, 200X, 10M, 1M, 50M, 9X, 9C and as high as CM or Q.

The following is a quick guide on the four homeopathic remedies:

- **Pulsatilla**- take 30C when your varicose veins have the tendency to get worse during hot weather conditions

- **Sepia** – take 30C when your varicose veins are lax, and you frequently experience constipation

- **Lachesis** – take 30C potency if your varicosities are blue-red and easily bleed.

- **Hamamelis**- take 30C potency if your varicose veins appear swollen

**PULSATILLA AND SEPIA**

One remedy that fits varicosities as seen in the *materia medica* or references of homeopathy is *pulsatilla*.

Pulsatilla preparations are derived from the windflower. This flower grows wildly in open areas, such as prairies, limestone pastures, in dry soils in countries of Central and Northern Europe. It is also known as pasque flower, meadow anemone, passé flower and Easter flower.

Pulsatilla addresses female complaints such as varicose veins, edema, menstrual difficulties and obesity. It is known to improve the circulation of pooled blood and increases circulation especially in the lower extremities.

Take 30C potency of the pulsatilla preparation for swollen varicose veins especially if your varicosities are associated with stinging pain that worsens when you take a warm or hot bath or is aggravated in hot weather. It works well when your varicose pain improves with cool temperature.
Since pregnant women are prone to varicosities, it is recommended that a pregnant woman should take a potency of 30C every eight hours after delivery.

Sepia comes from the ink of a squid.

Sepia homeopathic treatment works well with swollen and bluish varicose veins with a stinging pain.

For purplish congested varicose veins and veins that have lost their elasticity, sepia works well. The recommended dose is 30C potency. If your varicose veins are a result of chronic constipation including hemorrhoids, sepia can remedy the condition.

It is advisable to start with the lowest dosage. Sepia is available as an alcohol based tincture and sweetened pills. The pellet or tincture is applied under the tongue sublingually. If you use sepia avoid smoking, coffee and mint laced candies or food as it interferes with its absorption.

**LACHESIS AND HAMAMELIS**

Lachesis and hamamelis are homeopathic remedies for varicose veins that are enlarged, tortuous and have the tendency to bleed with accompanying soreness and leg muscle pain.

Lachesis is sourced from the fresh venom of the South American bushmaster snake. This venom is excreted when the snake goes for its animal or human prey.

Lachesis venom in its raw form is highly poisonous. In homeopathy, it is a potent and effective therapy for varicose veins.

In small doses, lachesis destroys red blood cells and prevents blood clotting. In larger amounts, it can poison the heart. The homeopathic preparation is extracted from the snake and diluted many times over with huge quantities of lactose.

Although it has a myriad of uses in homeopathy, the usefulness of lachesis is mainly on the blood and disorders of circulation. As such, it is effective in treating enlarged, engorged and throbbing varicose veins. It is useful for veins that have a tendency to bleed easily. Lachesis can also alleviate symptoms of menopause, hot flashes, menstrual pain, and nervous system complains and disorders.
The recommended dose is 30C potency for blue red swollen varicose veins.

Lachesis is available in pellets, soft tablets, liquid dilutions in potencies of 6C, 12C, 12X, 30C, 30X, 200C, 200X, 10M, 1M, 50M, 9X, and as high as CM and 9C.

Hamamelis is the witch hazel tree scientifically named Hamamelis virginica. The fresh chopped bark from its twigs and the root are gathered and steeped in alcohol. Then the solution is diluted and made into tinctures or into pellets and tablets. It has astringent properties that are most useful in varicose veins treatment.

Hamamelis is effective to treat large and sore varicose veins especially if veins are weak, inflamed, easily bleed and damaged. It is ideal if you have purplish bruised veins, soreness of your legs and venous congestion. These types of varicosities may be accompanied by symptoms of muscle tiredness, coldness and stinging pain. Additionally, it works on hemorrhoids that bleed or if you develop varicose veins in the genital area.

The recommended dosage is 3C potency.

Hamamelis is available in pellet preparations, soft tablet, liquid dilutions and Mother tincture in potencies of 3C, 3X, 6C, 6X, 22X, 30C, 30 X, 200C, 200X, 10M, 1M, CM and as much as Q.
CHAPTER 8: NATUROPATHIC TREATMENTS

Naturopathic medicine involves natural drugless methods of healing. It emphasizes among others the important of lifestyles such as a naturally healthy diet and exercise, avoidance of smoking, and exercise. Bet you've heard this before.

If you haven't considered it and adapted it, you'll be reminded once again that diet is a very crucial aspect of healing and preventing diseases and varicose veins.

A High Fibre Diet

As discussed earlier, a high fibre diet consisting of complex carbohydrates can prevent the emergence of varicose veins. This is the best recommendation from Naturopathic medicine. A high fibre diet

High fibre diet consists of whole grains, nuts and seeds.

Obesity

Obesity is one cause of varicosities. The lower extremities carry most of your weight. Also, because of too much body fat, the veins are under pressure and can’t effectively return blood to the heart. The results are ugly engorged varicosities. So, cutting off too much processed food and cutting calories would greatly help you in your battle against varicose veins.

Antioxidants in Vegetables and Fruits

Vegetables and fruits are chockfull of anthocyanins and proanthcyanidis. These are antioxidants that strengthen and the walls of your veins improving their elasticity. Highly colored fruits and berries such as cranberries, blueberries, cherries and vegetables contain these potent antioxidants. Always include them in your daily diet.
It is helpful to drink a liberal amount of fruits and vegetable juices. One or two glasses can be sufficient. A combination of apple, beets, citrus fruits, carrot, celery, parsley, pineapple mixed together is essential in preventing and treating varicosities. Mix them all together and juice them. Enjoy!

**Fibrinolytic Foods**

Fibrinolytic foods prevent clotting of blood in your deep veins that not only result to varicosities but to deep vein thrombosis, fatal complication f varicosities. Foods brimming with fibrinolytic enzymes are pineapple, garlic, ginger, cayenne pepper and onions. Pineapples are rich in bromelain, an enzyme that prevent blood clots.

Naturopathic medicine recommends the following herb to treat your varicosities:

1. Horse chestnut *(Aesculus hippocastanum)* – Take a tablet of standardized aescin 10 milligrams or 500 mg thrice daily.

2. Bilberry *(Vaccinium myrtillus)*- Take a 25 percent anthocyanoside standardized extract 80 to 160 mg thrice daily

3. Butcher's broom *(Ruscus aculeatus)* – Take a standardized 9 percent to 11 percent extract of the active ingredient ruscogenin of 100 mg thrice daily

4. Gotu kola *(Centella asiatica)* 1,000 mg two to four times per day, or a standardized extract made up of 40%, asiaticoside, 30%Asiatic acid, and 1% to 2% madecassoside 60 mg one to two times per day

If you have varicose sores, try a homemade poultice from vegetables in your kitchen. Take a bruised cabbage leaf, apples, and chopped brown onions. Add a half-and–half blend of cod liver oil and raw honey. Apply to the affected area.

For best results apply it overnight.
CHAPTER 9: HYDROTHERAPY

Hydrotherapy has been employed for hundreds of years by the Greeks, Roman and Egyptian ancient cultures. Ancient Roman history is replete with communal baths for its citizens for hygiene and well being.

Hydrotherapy is an inexpensive yet effective way of alleviating the pain of varicose veins. As the name implies, it relies on the effect of water. The temperature and pressure are all important in hydrotherapy. The water massages the muscles and relaxes the body.

Mild water pressure stimulates blood circulation through the veins. Additionally, it stimulates touch receptors in the skin decreasing sensitivity to pain.

Hydrotherapy for varicose veins involves using hot and cold water alternately.

Here’s the technique:

- You’ll need 2 pails or buckets that reach up to your knees.
- Fill one bucket with hot water, which temperature you can tolerate. The hotter, the better but it shouldn’t be so hot as to scald your skin. If you’re diabetic, be cautious. Use warm water instead of hot water.
- Fill the other bucket with cold water, as cold as you can stand too.
- For every quart of water, add two tablespoon of Epsom salts or your favourite aromatherapy oil.
- Then immerse both your legs in the hot bucket for three minutes.
- After the three minutes, switch to the cold bucket. Immerse your legs for 30 seconds.
- Repeat this three more times and end in the cold bucket.

When your legs are immersed in the hot water bucket, the veins dilate. The sudden change in temperature at the cold water bucket constricts the veins. In
doing so, blood is pumped towards your heart stimulating the stagnant circulation of your blood in those varicose veins.

Water therapy re-establishes your varicose veins' elasticity. It lessens the further development of varicosities. Additionally, the sudden changes in temperature of the procedure relieve pain. You’ll be able to appreciate results in a month if you stick it out daily.

If you've superficial varicosities and feel aching pain in your legs, spray or sponge your legs with cold water if you can’t do the full procedure. This provides instantaneous pain relief.

Try water therapy. It is easy to do, inexpensive, non-invasive and offers no side effects.
CHAPTER 10: JUICE THERAPY

Juice therapy works on the principle that it rests the gastrointestinal tract and the assimilative organs of the body such as the lungs, liver, skin, and kidney.

In doing so, it eliminates and cleans these organs of accumulated metabolic wastes and toxins. It employs fasting except the intake of fruit and vegetable juices. As such, it is also referred to as Juice fasting.

If you love fruits as most everyone, this shouldn’t be a problem. Raw fruit and vegetables, when juiced, have awesome medicinal properties that cleanse, revitalize and rejuvenate all the body’s organs and tissues than when utilizing water.

Fasting burns up and excretes amounts of accumulated wastes. Juices that are alkaline in nature accelerate the healing effects of fasting. So, drinking juice during fasting has a better effect than pure water.

Juice therapy is helpful in alleviating varicose veins and its associated symptoms. Blackberries, blueberries, back cherries and other dark colored berries are brimming with anthocyanidins and proanthocyanidins.

These chemical compounds are actually antioxidants that don’t only scavenge unpaired electrons but also strengthens the walls of veins.

Bromelain, an enzyme in pineapple prevents fatal clots that can develop in the deeper veins to emerge as clots that travel to the heart or brain causing lethal effects. Though they are uncommon, chances are they evolve without warning.

One benefit of juicing is all the nutrients in the fruit are easily digested unlike eating the fruits whole. The trick is to mix fruit juices with fresh raw vegetables. Vegetables should be organically grown at most. When you’ve just done juicing, consume the juice immediately. Nutrients have a way of oxidizing if left for some hours before you drink them.
You should consume at least 8 ounces of fresh berry or pineapple juice or a cocktail of fruit juices twice daily.

Here’s a method of juice therapy for piles and varicose veins which you can easily do to reap the benefits of healing those pesky varicose veins:

- Choose the fruits and veggies most beneficial for haemorrhoids and varicosities. For haemorrhoids, these are lemon, orange, papaya, pineapple, spinach, carrot, watercress and turnip. To ease symptoms of varicose veins, grapes, plum, orange, tomato, carrot, beetroot and watercress are beneficial.

- Start drinking raw juice every three hours. This means at least five or six glasses a day.

- The amount of fruit juice can start at 250 ounces and increased by 50 ml every day until you reach 600 ml.

- Start your day with a glass of water mixed with lemon and raw honey.

- Then, for the rest of the day drink the prescribed juice therapy.

- You can continue this up to 30-40 days without any side effects.

- When you start the cleansing process of eliminating toxins you’ll feel symptoms such as diarrhoea, weight loss, fever, weakness, sleeplessness, and even bad breath.

- After you’re done with the raw juice therapy, return to your normal diet gradually by substituting 2 juice meals with milk or fruits. Do this in stage, until you’re back to your regular balanced diet.

Isn’t juice therapy great? You got to drink your favourite fruits and veggies and treat your varicose veins too.
CHAPTER 11: MASSAGE

You wouldn’t want any surgery on your varicose veins, would you? Apart from the other therapies discussed earlier, massage is one soothing relaxing therapy that can prevent and treat your varicose veins.

You can employ a masseuse or a massage therapist to massage your legs. You can also do it on your own at the privacy of your home.

The first sub-chapter discusses how you can make your own massage oil treatment from essential oils you can buy from health stores. While the second subchapter is a do it yourself step by step massage you can do yourself and will teach you how you can start your own massage program.

The last four sub-chapters deal with special massage techniques someone can do on you or you can do on someone. You can get a partner, learn the techniques then do it on each other. It’d be fun.

Here are important rules you should remember when you do massage on your legs to treat your varicosities:

- **Never massage directly on your varicose veins but massage the surrounding muscles and tissues.**
  Massaging the veins can cause damage to your varicosities and aggravate the condition. These veins’ walls or layers have lost their elasticity and their walls are weak with non-functioning valves.

  Massaging them directly can make them bleed. When you massage around the varicose veins the massage action will gently coax the sluggish
blood circulation. Remember varicose veins have compromised ability to return blood to the heart.

- **Wear loose comfortable clothing that exposes your lower extremities.** Do it in a comfortable place such as the sofa or your bed. You can also use a mat or yoga mat covered with a soft cloth.

- **To get the best results, be committed to your massage regimen.** Schedule your massage session daily. Preferably do one session in the morning after your bath and once before bedtime.

- **Be aware and feel what you’re doing and be receptive.** Feel the massage movements as you circle and knead. Massage is a technique to re-balance the flow of energy in your body.

- **Don’t put too much energy on the massage,** start gently if you’re beginning.

- **Relax! Learn to relax.** As a beginner you might tense your body and your hands. You’ll get the hang of it with regular practice and determination.

- **Finally, enjoy the experience!**

### MAKING MASSAGE OIL TREATMENT

Wouldn’t it be fun to make your own massage oil and massage it your legs like a pro? It isn’t really difficult. You can buy your massage oil but you aren’t sure if you’re getting the right essential oils.

At times, creams and ointments are tainted with allergenic synthetic ingredients that can harm your skin.

Here are ways to make that massage oil treatment for varicose veins.

- You’ll need cypress oil, chamomile oil, lavender oil, St. John’s wort oil, vegetable oil, palmarosa oil, carrot seed oil, and cold water

- For spider veins:
o In a small bottle blend seven drops of chamomile oil, 8 drops of cypress oil, 10 drops of palmarosa oil and vegetable oil.

o Mix this in a cool and shaded room.

o Be careful not to expose the mixture in direct sunlight.

o Apply twice a day to the area of your spider veins.

o When not in use store it in an air tight bottle

**Lavender Carrot Compress.**

Please refer to Chapter 4 on aromatherapy.

To see results, initially utilize this oil as a compress before you massage your legs.

To treat your varicose veins, apply the massage oil on the affected areas twice daily for best results. Make a daily schedule for massaging your varicose veins. Massage once in the morning and before bedtime.

Before you massage, gently clean the affected area with a warm sponge. Apply the oil slowly and massage into your skin gently. It will take a month before you can see results.

Here’s another concoction for your massage oil treatment for varicose veins:

1. You’ll need the following:
   - A tbsp of arnica oil
   - A tbsp of mullein oil
   - A tbsp of apricot kernel oil
   - 15 drops of cypress oil
   - 10 drops of lavender oil
   - 5 drops of bergamot oil
   - 1/4 tsp of Vitamin E Oil

2. In a mixing bowl combine the arnica, mullein and apricot kernel oils.
3. Gently whisk the mixture for a uniform solution.
4. While whisking, blend in the cypress, bergamot and Vitamin E oils.

When you use the blended oils, put a tablespoon on your palm. Rub your palm together to warm the oil. Then, apply the massage oil in the areas with
varicosities. Do this twice a day every day to see results. Or, massage in your in your legs whenever your they feel achy and tired.

**BLOOD CIRCULATION MASSAGES**

Blood circulation massage on your legs is easy to learn. You’ll be a pro in no time at all.

If you have a busy work schedule, prioritize it and try never to miss it. Make it a part of your everyday routine.

Start your massage as you start your day. The best time is after your morning bath before you rush to work. Do another session before you retire for bed.

Here’s one easy technique. You can spend 5-10 minutes doing this.

Use light circular motions with the four fingers of your hand and at times with your thumbs.

1. Sit comfortably wearing loose comfortable clothing that exposes your legs. You can put in a small pillow for your legs.

2. Use the massage oil treatment you’ve made. Put a tablespoon on your hand, rub your hands together and slowly lather it in your foot to be massaged. Start with your right leg.

3. With both hand cradle your right foot, the thumbs on top if your foot. In gentle circular motions massage your toes with your thumbs. Your four fingers and palm should massage the sole of your foot. Then transfer your four fingers on the top of your foot. Massage the top of your foot using gently circular motions.
4. Move your hands up to our ankle. Using four fingers of your hand knead your ankles gently in circular motions. Your hand should hug your ankles.

5. Move your hands upwards your shin and calf and gently massage with both your hands in light circular motions. Continue doing this with the rest of your legs. Be careful to avoid massaging directly in your varicose veins.

6. When you reach your knee, massage your knee cap first. Use your thumbs alternately kneading the knee cap in light circular motions.
7. Continue up to your thighs to your inner thigh. You can raise your leg. One hand moves upward massaging the front of your thigh. The other hand massages downward of the inner thigh. Then move your hands to massage the sides of your thigh.

8. Repeat with your other leg.

After you’re done, feel the delicious tingling of your skin. Your blood is moving!

**ENERGETIC TOUCHES**

Before massage is done on your legs for your varicose veins, energetic touches are usually done first. These are energy cleansing moves utilizing your hands. The technique utilizes long sweeping light touches on the skin. Sometimes, the hands barely touch the legs.

It is done by another person such as your masseuse or a physical therapist. Or you can do it on your friend, spouse or parent. You can take massage partner and do it on each other.

Here’s how to do it.

1. Your “client” or partner lies down supinely in a comfortable setting wearing comfortable clothes that exposes his or her legs adequately.

2. Start at the top of the legs moving gently downward to the foot. With palms down, utilize long sweeping stroke with both your hands as if giving a massage. Touch the skin lightly.

3. Work your hands alternately. When one hand is done with a downward stroke the other hand should continue downward from it. It should look
like one unbroken line of energetic touches.

4. Repeat with the other leg. This should be done at least twice or thrice.

5. Then ask your “client” or partner to lie prone. Repeat the procedure at the back of the legs.

**CALMING TOUCHES**

Calm the person or your partner you’re giving the massage. Here are steps to do this.

1. With your “client” in the supine position, gently touch the legs with your fingertips. In long strokes downwards.

2. When you reach the foot, use your palms using gentle pressure from the foot going upwards to the thighs.

3. Use your hands alternately. When palm of one hand is done with the light massage the other takes over in an unbroken line.

4. Repeat twice or thrice.

5. Do the back side of the legs and thighs with your “client” in a prone position.
To experience an enriching and relaxing massage session, improve the environment where the massage is to take place. These factors are something essential to up the experience. They also de-stress and calm a tired spirit. Here are some ways:

1. **Relaxing environment**- A clean uncluttered room, with enough space, lighting and temperature. Not too cold, not too warm and not too dim nor bright.

2. **Correct surface** – a physician’s examining table is a nice surface but most of us don’t have this. You can use the floor. Spread a padded mat covered with a clean soft sheet.

3. **Silence**- the massage should be done in silence. But you can play soft soothing music but not lullaby music to make your client snooze. He or she should be aware of what's happening and that's important.

4. **Accessories**- the room should be devoid of clutter or any distracting materials. You can use candles or put an aromatherapy pot and light the candle. Add some lavender or citrus essential oil for a pleasant and soothing aroma while you do the calming massages.

**RENOVATING YOUR VEINS**

To renovate your veins, a special kind of massage is employed using palms of the hands and fingers. This massage drains fluids from the skin’s surface.

The waste products of the body are transported by the blood to the heart. Then, your legs will be nourished with fresh blood. In short, it speeds up the natural flow of circulation.

Here’s the technique:

1. Use the palms and fingers of your hands to do the massage.
2. Gently and firmly start at the innermost portion of your soles. Massage the skin using ample upward movement toward the heart.

3. Apply gentle pressure at the inner soles of the foot all the way to the thighs.

4. Massage the entire surface of the legs using the same upward movement with your palms and fingers.

5. Do it thrice. Repeat with the other foot.

6. Do the back of the legs.

This is a more vigorous form of massage. If you do it on yourself, be careful not to touch your varicose veins directly.

**KNEADING WITH YOUR FINGERS**
When you knead you use your fingers. The hands are held like claws. Your hands are cupped and the fingers bent. The hands alight on the skin with the fingers doing small circular movements. The right hand does clockwise circular movements while a counter clockwise movement will be done by the left hand.

This is how to do this massage:

1. Start at the feet.

2. Then place both hands at the sides of the feet going upward towards the knees with small circular motions of the fingers.
3. Using the same kneading movements massage downwards to the foot.

4. Do this over the entire surface of the legs. Repeat two or three times.

5. Once you’re back at the foot massage upwards once again and continue to the groin.

6. Then move upwards and downwards with both hands twice or thrice on each thigh.

7. Finally, knead downwards towards the foot.
CHAPTER 12: REFLEXOLOGY

Reflexology, an alternative medicine, can ease your varicose vein woes.

If you’ve heard of ways to improve stress through pressure points at the soles of your feet or at the palm of your hands, in essence, this is reflexology.

The principle behind the science of reflexology is that a system of zones corresponding to different body organs or systems are mapped out on your soles of your feet and palms of your hand.

These are called zones or reflex areas according to a reflexologist. Applying pressure at these reflex areas using your thumb, finger or hand can alleviate ailments connected to conditions felt at these organs.

It is easy to learn self-reflexology to alleviate your varicose veins.

First, massage your feet and hands. Then apply pressure using your thumb to press the following points at least three times a day. The pressure points are 18, 19, 24, 25, 21, 22, 34 and 26.

These points correspond to your adrenal and parathyroid glands, the digestive system especially the liver, spine, heart and the sciatic nerve.

These areas of the foot that correspond to these pressure points are:

- Adrenal-arch of the soles of the feet
- Parathyroid glands- base of the big toes
- Digestive system and the liver- arch of the feet
- Spine-inner side of the foot
- Heart-a prominence below the big toe
- sciatic nerve- a narrow transverse strip near the heels
Reflexology is simple. Get hold of a reflexology map of your feet and hands and get started. As you do the pressing you'll be able to remember where you should apply pressure with your thumbs.

It shouldn't be difficult to incorporate reflexology in your day. Press those pressure points in the morning, at noon and night. To see results do it daily until it becomes a habit.

Here are simple tips:

• Use a reflexology wooden foot roller. When you're at the office, slip off your shoes and get rolling. You'll feel instant relief of your aching feet.

• When you're watching television, do the same.

• When you're waiting in line at the cashier, massage specific areas of your palms.

• You can use a golf ball and roll it in your palm. This will exert pressure at the reflex points of your palms.

• Do this while waiting for traffic to ease or when you're waiting for the kids or someone. A golf ball easily fits in your bag.

However, reflexology should be a complementary treatment and shouldn't take the place of conventional therapy. Always consult your health care provider when your varicose veins get ulcerated or painful.
CHAPTER 13: YOGA THERAPY

You're not the type of person to passionately care for yoga. But studies reveal that yoga therapy can benefit your horrible looking varicose veins.

On the other hand, if you’re a yogini, you’ve probably experience the healing touch of yoga. It de-stresses, strengthens your muscles, and improves your circulation and your overall well-being physically as well as spiritually.

If you're new to yoga, it's easy to learn some yoga tricks to heal your malfunctioning veins. There are myriad poses that you can learn that improves your circulation and alleviates the pain of varicose veins.

Deep breathing in yoga improves oxygen intake in the bloodstream and resulting in a better oxygenation of blood and circulation.
To get started with yoga, a simple breathing exercise can do wonders to your varicose veins. Breathing exercises are usually done before yoginis commence their daily yoga practice.

The technique of deep breathing is as follows:

- Lie on the floor.
- Put your arms by your sides and both your feet atop a chair (chair is optional).
- Breathe deeply through your nose and watch your abdomen fill up with air. Inhalng deeply pulls blood from your lungs and re-distributes it to your legs. New blood goes to your legs alleviating the pain of varicose veins.

Allocate 10 minutes of your day to do this simple breathing exercise.

Asanas or poses such as Sarvangasana (shoulder stand pose), Viparita Karani (legs-up –the-wall pose), and Halasana (plow pose) improves circulation in the
lower extremities and are highly beneficial in healing and alleviation of varicose veins.

As a rule inverted poses are beneficial for varicose veins. Gravity eases the pressure from your lower extremities such as Shirhasana or Sirsasana (Headstand). Tadasana (Mountain pose), Paschimottosana (Seated Forward Bend), Savasana (Corpse pose), and Janushirasana (One Legged Forward Bend) are also beneficial. Some of them aren’t for beginners and the uninitiated.

In this chapter, two beneficial varicose vein relieving asanas are discussed. The legs-up-the wall pose is simple to do. If you’re challenge to get more health benefits from yoga consider doing the more difficult shoulder stand. One word of caution though, if you’re menstruating refrain from practicing inverted poses.

There are also yoga poses that aggravate varicose veins. If you plan t embark on a yoga practice you can skip these poses.

**SARVANGASANA**

Sarvangasana is an inverted pose that puts all parts of your body to work. It is extremely beneficial for varicose veins. When you’re up there on shoulder stand, gravity works for your veins and circulatory system.

Pooled blood from the most distant parts of your lower extremities moves straight to your heart. Stagnant blood flow freely unclogging veins that had been shut out. You’ll experience exhilarating relief on your legs you’ve never felt before.
If you’re alien to yoga, this asana looks terrifying and sounds difficult. Beginners can start a breathing relaxation pose and gradually move to this pose:

Here is the correct way to do this asana painlessly and easily.

1. Lie on your back on your yoga mat, your hands should be on your sides, facing up.

2. Exhale deeply. As you exhale lift your legs up slowly with the help of your arms and hands going 30 degrees off the floor, then 60 degrees, 90 degrees and continue on until your legs are 130 degrees. This means your legs are behind your head! (Actually, this is the plow pose.)

3. Breathe normally and stay in this position for a few seconds.

4. Then slowly pull up your legs to a 90 degree angle to the floor, lifting your buttocks slowly.

5. Put your arms at your back and elbows on the floor while your hands support the back of your trunk.

6. At your own pace, move your hands to your shoulder blades. As you do so, lift your body higher.

7. As you go up soften your throat and tongue. Move your sternum (chest) against the chin. Your forehead should be parallel to the floor and don’t move your head sideways. Your eyes should be looking at our chest. Your chin should be perpendicular to the floor.

8. Your body should be resting on your shoulders not on your back! That’s why this pose is named shoulder stand. Lift your body as high as you can so your inverted body won’t stand on you back.

9. As you do this pose, there’s a tendency that your hips may move backwards and your feet may move forward over your head. Your body should be in one smooth straight line. Your ankles, feet, knees, thighs, hips, trunk and shoulders should be aligned.

10. To make it look that way, push your feet back and bring your hips forward until you find a nice balance.

11. To make this easier, squeeze your legs together. Your thighs, legs, ankles and feet should all be touching. Extend your heels towards the ceiling instead of your toes.

12. Stay up there for as long as you can. Or up to 3 minutes initially.
13. When you lift your body, take a long exhalation. But when you’re on the position, breathe normally. Don’t hold your breath! You’ll feel as easy as a soft cloud floating on air. And your legs deliciously feel so relieved and free from pain and pressure.

14. If you haven’t done this perfectly, practice it and you’ll not only get relief from varicosities. This asana pushes you to the limits and brings you the feeling of determination and discipline.

15. Stay a little longer next time.

**VIPARITA KARANI**

Viparita karani is a yoga pose that’s a breeze to do. You’ll need a wall, your yoga mat and a some reinforcements like a bolster, some blankets or a yoga prop.

Viparkita karani means inverted lake pose or named simply, and this is what you want to hear, legs-up-the-wall-pose.

Similar to the more challenging sarvangasana, this yoga pose relieves pressure of your aching legs by improving blood circulation.

Legs-up-the-wall pose is usually done at the end of a yoga session before the corpse pose and meditation. But if you’d just like to do it on its own, start with deep breathing exercises to condition yourself.

There are many ways to come into this pose depending upon your flexibility.
Yogis just do a forward roll and presto! They’re into the asana. There are others ways to come into the pose though if you want to avoid injury to your wall or tailbone.

If you’re flexible enough the pose is easy to do.
1. Unfold your yoga mat beside a wall.

2. Carefully sit at the right side of the yoga mat. Lie on your side and with an exhalation swing your legs up the wall and extend your legs and lie on your back.

3. Your buttocks should be touching the wall or you can position your buttocks to be about 6 inches away from the wall. You can adjust the distance of your buttocks to the wall by simply rolling and inching forward the wall or backwards away from the wall.

4. Your upper body should be perpendicular to the wall.

5. If you feel uncomfortable you can put a bolster below your back to cushion your muscles.

6. In place of a yoga bolster, stack some thick folded blankets six inches thick and 10 inches wide.

7. Relax while your legs are up there. Feel how the blood in your legs drains toward your heart.

Here’s a better way to come into the pose:

1. Sit on the yoga bolster or folded blankets with the left side of your body next to the wall and feet in the floor.

2. Use your hands and shift your weight on your outer right hip, then lower your right shoulder to the floor, pivot your pelvis and sweep your legs up the wall.

3. Settle your back onto the floor.

4. Your sit bones should be in contact with the wall or close to the wall. Extend your heels toward the ceiling. While your upper body is on the floor spread your arms beside you on the floor, palms up and resting.

5. Hold the pose for 5-8 minutes. Feel your body open up. Relax, feel the tension easing from those long suffering legs.
**USING YOGA TOES**

Yoga toes are special devices to passively exercise your toes and improve circulation. These are devices that keep your toes separate.

When your toes are apart they alleviate the discomfort and pain you feel when you are continually wearing cramped or ill-fitting shoes.

They come in different sizes and shapes to fit your toes.

Yoga toes improves circulation and stress in both on your legs and alleviates varicose veins. While wearing yoga toes, your feet are constantly being exercised passively and prevent the emergence of deep vein thrombosis, a fatal complication of varicose veins.

These devices strengthen and improve flexibility of the ankles, feet and toes. Moreover, they correct your foot arches and your foot’s postural configuration, straighten bent toes and align muscles of the feet.

Wearing them is a natural solution to ease painful foot problems brought about by varicose veins.
YOGA DAILY EXERCISE PLAN

Are you convinced that yoga can help you with your varicose veins? So, how would you get started?

You can in a yoga health club or gym. However, inform your yoga instructor that you’re there for poses that will help you with your varicose veins. Or you do research on the web.

Search for certified yoga websites that can teach how to start a yoga practice. Or learn simple stretching and breathing exercises that you can easily practice at the comfort of your home.

Here’s a two day regimen that you can learn and consistently do to alleviate your varicose veins. Start slowly.
First day:

1. Simple Leg Raising Exercises

This stimulates venous circulation and pumps blood back to the heart. Additionally, it prevents constipation which will help you with hemorrhoids and congestion in your legs.

- Lie on your back.
- Inhale deeply.
- Hold your breath and as you do so lift both legs up the floor until they’re perpendicular to your body.
- Point your toes at the ceiling.
- Hold it at that position while you slowly exhale.
- Inhale and exhale while in this position.
- Then inhale, fill your lungs with air. Hold your breath and slowly lower your legs on the floor.
- Repeat thrice.
- At the end of the inhalation of the third set, rest your legs on the floor.
2. Simple Leg Clasping Exercise

- While still on the floor, inhale deeply.
- Draw your knees upwards your chest, hug your knees with your hands.
- Inhale deeply as you hold that position.
- Exhale and as you do so pull the knees toward your chest, release your knees, inhale.
- Relax your clasp some more.
- Then exhale and pull the legs inward to your chest again hold for a second
- Inhale and relax your knees.
- Repeat five rounds.
- Take a rest.

3. Easy Knee massage

- Rub the inside of the right knee against the left for 30 seconds.
- Put your legs down.
- Repeat with the left leg.
4. Simple Inverted Posture

- Lie near a wall.

- Put up your feet against the wall abut 2-3 feet high. Let it rest there. The wall supports the weight of your feet and blood drains toward your heart.

- This relieves pressure.

- Inhale and exhale deeply or meditate on your breath.

Day two

Churning the Mill

- Sit on the floor legs spread apart.

- Claps your hands together. Exhale as you do so.
• With your clasped hands, stretch out and reach your left leg. As your hands are still clasped reach out to your right leg and try to reach the right foot.

• Inhale deeply. Bring your clasped hands on top of your thigh. Lean your body back gently. Your clasped hands should be as straight as possible.

• Exhale. Bring the clasped hands back to the left leg continuing to reach the left foot.

• Inhale and bring your clasped hands to right leg and onto the right thigh.

• Do five rounds.

• You can start with two rounds, increase to five until you can make ten.

These may be simple breathing and stretching exercise but can benefit your varicose veins immensely. Do them consistently and you'll see results.
**TOP YOGA EXERCISES TO AVOID**

While there are yoga asanas that benefit your varicose veins there are also poses that you shouldn’t do. They worsen your ailment.

Here are three popular exercises that you should avoid:

Ardha Chandrasana or Half Moon pose. This asana unduly puts pressure on your legs. You stand on a leg and it supports your whole body with an arm to assist you in the effort. Though this pose is light and easy, your legs get the brunt of your weight. Your legs get stressed in the effort and encourage the development of varicose veins.
Bharadvajasana- Your torso twists and in so doing, compromises blood flow to your heart.

Adho Mukha Svanasana (Downward Facing Dog) Downward Facing Dog is an interim and common asana in most yoga series of asanas. In this pose, the back of your legs are stretched to the max. This cause tension and exacerbate pain and varicosities. Avoid this pose if you're trying to rid your legs of varicosities.
CHAPTER 14: FOLK REMEDIES

If you look in your kitchen cupboard or in your backyard kitchen garden, you’ll see a lot of plants, herbs, spices that can help you with your varicose veins and alleviate pain and other complications.

Here are some folk remedies that work:

1. Apple cider vinegar

Saturate a cloth with apple cider vinegar. Apply as a compress on your varicose veins. Do these 15-30 minutes twice daily. Or simply rub your legs with apple cider vinegar straight from the bottle.

You can also drink a glass of water with 2 teaspoons of apple cider vinegar twice a day. You can drop 3 tablespoons of sugar. Drink two
ounces of this mixture daily. The varicose veins will shrink in about a month

2. **Calendula**

Chop the flowers, leaves and stems of the calendula plant. Make a salve by stirring 4 cups of the chopped plant with an amount of melted lard. Let it stand for 24 hours. Re-heat and strain. Apply this over your varicose veins overnight.

3. **Violet leaves and marigold flowers**

Crush violet leaves or marigold flowers and let steep in boiling water. Dip a piece of clean cloth and apply as compress on your varicose veins. Eat a few marigold petals daily too.
4. Witch hazel

Apply witch hazel solution directly twice a day. The astringent property of witch hazel will shrink your spider veins and tortuous varicose veins.

5. Aloe vera

Do your varicose veins itch? Don’t scratch them. The skin can get abraded and infection can set in. Take an aloe vera leaf. Slice it into two cross wise then apply the gel to stop the itching.
6. **Cayenne Pepper**

In glass of hot water add 2 teaspoons of cayenne pepper. Drink this solution twice or thrice a day. Wait for 2-4 weeks for results. The cayenne pepper stimulates blood circulation.

7. **Cod liver oil and honey**

Mix a half cup of cod liver and half a cup of honey. Apply to your varicose veins. Cover it with a bandage and let it stay overnight.

8. **Garlic and onions**

Eat plenty of garlic and onions by incorporating it in your cooking and salads. They are rich in compounds that break down fibrin. Fibrin is produced by the body and is deposited in your varicose veins. They give that unsightly lumpy feel and look.

Or you can crush five heads of garlic, steep in alcohol and directly apply it to your varicose and spider veins.
9. Pineapples

Eat a lot of pineapples. They contain bromelain, an enzyme that breaks down fibrin.

10. Vitamin C

Eat a lot of vitamin C rich foods like blueberries, oranges, grapefruit
Vitamin C strengthens your blood vessels.

11. Vitamin K

Vitamin K lessens the formation of spider veins. They are found in dark green vegetable like spinach, kale and in tomatoes. Sunflower seeds and wheat germ are also chockfull of vitamin E.
12. Buckwheat

Buckwheat is rich in rutin, a compound known to strengthen capillaries. Asparagus, oranges, lemons, grapefruits, cranberries, limes, and mulberries are also rich in rutin. Include them in your daily diet.

13. Olive oil

In a pan heat olive oil, add some bay leaves. Then massage in the areas of your legs with varicose veins. Use it in your cooking and use liberally in salads.
14. Dark Chocolate

Who doesn’t love chocolates? They are great for varicose veins too. They are loaded with flavonoids that protect against varicose veins and as a bonus protect your heart too. So enjoy eating dark chocolate guiltlessly. Yum!

Try these home remedies and compare notes with people who have tried them too. Some may work for you; some may not depend on the type and cause of your varicose veins.
CHAPTER 15: OTHER NATURAL METHODS

Try this natural method that can help you with varicose veins.

You’ll need thyme leaves, sweet flag root, horse chestnut fruit and leaves, salt. Boil a quart of water and add a half teaspoon of water.

Procedure:

- Mix equal parts of the herbs and add three tablespoons to the boiled salt solution.
- Let the mixture boil for an additional 20 minutes.
- Let the solution cool.

Feel the temperature. Where it reaches a point where you can stand its hotness bathe your legs. Be careful not to scald yourself. Do this slowly and gently. Take time to savor the relief it provides.

When you’re done, pat dry your legs softly with a towel. Don’t rub.

Lie down. Elevate both your legs up on a wall for an hour. Or prop your legs atop two pillows and relax. Or you can sleep with your legs elevated.

The hotness and the herbs will dilate your veins and when you elevate it blood is propelled towards your heart. It improves blood circulation in your legs.

Minors, pregnant, lactating women shouldn’t employ this therapy. Don’t drink this concoction; it is for external use only.

Always elevate your legs after bathing it with the herbal solution.
CHAPTER 16: COMMON SENSE RECOMMENDATION

Here are common sense recommendations to prevent and treat your varicose veins. Some had been discussed in details in previous chapters.

1. Your diet is important, eat a diet rich in fiber. Avoid refined and processed foods. Eat low fat foods and foods low in sugar and salt. Increase your water intake. Vitamin C and E are the best supplements for varicose veins. Vitamin C strengthens the vein walls.

2. To keep blood flowing in your lower extremities, get up and exercise regularly. Specific exercises keep the muscle of your legs toned. Most importantly, it maintains your weight. If you’re overweight, it helps you lose those extra pounds. Obesity is one cause of varicosities.

3. If your job require you to be on your feet most of the day, find time to stretch your legs as often as possible to improve blood circulate and prevent pooling of blood. Also, consider wearing compression stockings.

4. Quit smoking if you smoke. Smoking constricts the blood vessels and destroys the walls of your veins. Your veins over time will lose their elasticity.

5. Pregnant women should sleep on their left sides not on their backs. This sleeping position eases the pressure from the pregnant uterus on the pelvic veins. It also boosts blood circulation to the fetus.
6. If your varicose veins are associated with pain, swelling, redness and other signs of inflammation take a couple of aspirin or ibuprofen, take a rest and wear support stockings. These will ease the pain and inflammation.

7. Avoid crossing your legs at the knees as much as possible. This compromises the upward flow of blood. If you cross your legs cross them at the ankles.

8. If you love using high heels use them for short periods of time. But if your legs have a fair amount of varicosities, better shun those heels in favor of trendy ballet flats or sneakers.

9. Put your feet up as much as possible. Take short breaks when you’re up on your feet and rest your feet above your heart. This will help your veins propel blood towards your heart and prevent pooling of blood in your legs.

10. Don’t wear tight fitting clothes. They restrict upward flow of blood to your heart and blood accumulates in your lower extremities. Too snug girdles, pantyhose with tight garters at the waist, boots that enclose the calf tightly, and too tight belts hamper the flow of venous blood back to the heart.

11. An aspirin a day thins your blood and prevents the complications of deep vein thrombosis or blood clots developing in your veins. This complication is rare but fatal. You should inform your doctor if you’re on other blood thinning and heart medications.

Clearly, they are easy to remember and apply on a daily basis. It isn’t difficult to treat and prevent varicose veins after all.

Good luck and God Bless!

Diane Thompson

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