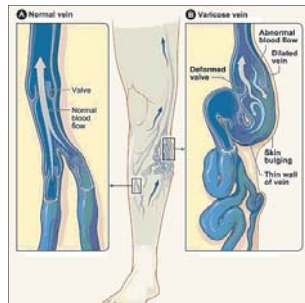




Natural help with Varicose Veins.

By Cee

Varicose veins are veins that have become enlarged and tortuous. The term commonly refers to the veins on the leg, although varicose veins can occur elsewhere. Veins have leaflet valves to prevent blood from flowing backwards (retrograde). Leg muscles pump the veins to return blood to the heart, against the effects of gravity. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves don't work. This allows blood to flow backwards and they



enlarge even more. Varicose veins are most common in the superficial veins of the legs, which are subject to high pressure when standing. Besides cosmetic problems, varicose veins are often painful, especially when standing or walking. They often itch, and scratching them can cause ulcers.

Natural products to help preventing or slow down the process of varicose veins include:

Horse chestnut. The most important herbal extract, contains aescine which makes the vein walls stronger with more elasticity. It can also reduce oedema and inflammation.

Witch Hazel and Butchers Broom. The extract of these herbs are astringent and good for circulation and inflammation. They help to shrink and contract blood vessels back to normal size, hence its use as the active ingredient in many varicose veins and hemorrhoid medications, as the latter is a varicose vein in the anus.

Arnica, plant extract, reduces pain, inflammation, swelling and restores tissue and circulation.

OPC (Oligomere Pro-anta Cyanidines) is a group of bio-flavenoids from the pine bark or grape seeds. It improves very well the circulation in the smaller veins and capillaries, resulting in reduced pressure and pain in the legs.

Weleda Achillea Comp. is a homeopathic remedy for varicose veins and haemorrhoids. Safe and no side effects.

Other natural treatments include:

- Elastic stockings, elevating the legs and exercise.
- What you eat makes a difference, too. Follow a low-salt, high-fibre diet to prevent the swelling that may result from water retention and constipation.
- Watch what you wear. Avoid high heels. Low-heeled shoes work calf muscles more, which is better for your veins.
- Tight clothes can cut off blood flow.
- Avoid long periods of sitting or standing.

If you have any more questions on this subject please feel free to call me or my friendly, experienced and knowledgeable staff on 09 2387806 or see me at Way of Life Health Shop, 68 Edinburgh Street, Pukekohe.



Wendy's Franklin Lifestyle selection



Tuakau 1ha nice flat land with cottage, motivated sellers



Glen Murray Bare block with x factor \$185,000



Pukekohe 1 ha Executive Oasis By Neg



Miranda 2 Affordable blocks, from \$209,000



Patumahoe 8.5 ha, north facing substantial home By Neg



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