

Varicose Veins: Natural Remedies

Weakened veins can be caused by a number of factors, such as genes, obesity, jobs involving too much standing, lifestyle, hormonal disposition, and smoking.

Severely weakened veins will cease to function properly, and will no longer expand and separate adequately. The result is an increase in the pressure in the veins, and a local build up of blood: Twisted, swollen veins are typical, and symptoms include "heavy" legs, lumps on the skin, swollen joints, and later eczema, dermatitis, ulcers, or thrombophlebitis.

During the early stages of varicose vein formation, you can do a lot: Obviously, try to take control of your weight, as the less weight your legs have to support, the better, as there will be less stress on your veins. Also, try to ensure that you have a regular exercise routine built into your week, including walking, which builds strong leg muscles to help pump your blood effectively back to your heart.

Whilst excessive standing is often unavoidable, you are often left with little choice: In this case, try to lever yourself up onto your tiptoes as often as possible. Crossing your legs when you sit down is a bad idea, as it restricts blood flow, and wearing compression stockings is advisable, especially whilst flying. A good, simple way to stimulate blood flow is to wash your legs alternatively with cold and warm water.

Taking 1 gram per day of Vitamin C with bioflavonoids, regularly eating fresh blackberries, strawberries, blackcurrant, and other berries, are all highly advisable: These are rich in anthocyanins, which serve to protect your veins. You could also consider taking a variety of herbal tinctures, including horse chestnut, witch hazel, bilberry, and gotu kola.

Antioxidant capsules, including blackcurrant and astaxanthin, can assist your all round health, as well as specifically the health of your veins. Finally, try and massage your legs regularly with an organic, astringent balm, like the Inlight Organic Foot & Leg Balm.

About the Author

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