

VARICOSE VEINS

Just Ask Dr. Ma



Marlenea La Shomb, N.D., LMT, P.Tr.

Dear Dr. Ma,

Over the last few winters, the spider veins in my calves keep getting worse. I want to take the grandkids swimming, but I'm too embarrassed now to wear a swim suit. What can I do naturally to help reduce my varicose veins?

—Ethel

Here are the foods to avoid with varicose veins: *Refined grains, refined sugar, high salt/sodium, greasy and junk foods, canned foods, alcohol.*

A healthy diet, along with regular exercise, can work wonders in improving varicose veins and can provide significant relief from its symptoms. Note that rebounding (see the next page for a descriptive illustration), strengthens the veins' weak walls so the valves close again. It also decreases the volume of blood pooling in those veins, which further improves the appearance of varicose veins and/or chronic edema.

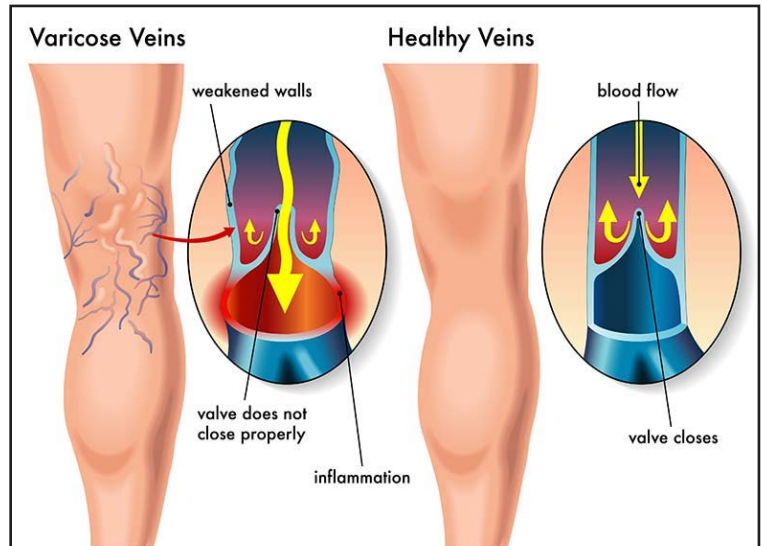
Dear Ethel,

First, let's look at how veins are made and how they function. Then we'll summarize what foods to avoid and which ones are helpful. Also, we'll review some activities you can do and some precautions you can take to help prevent varicose veins.

Take a look at this illustration. Spider veins are usually a precursor to varicose veins. Sitting too much, among other things, weaken the vein's walls and the valves will no longer close, causing the blood to pool. This stretches the vein's walls farther apart and causes inflammation in those areas.

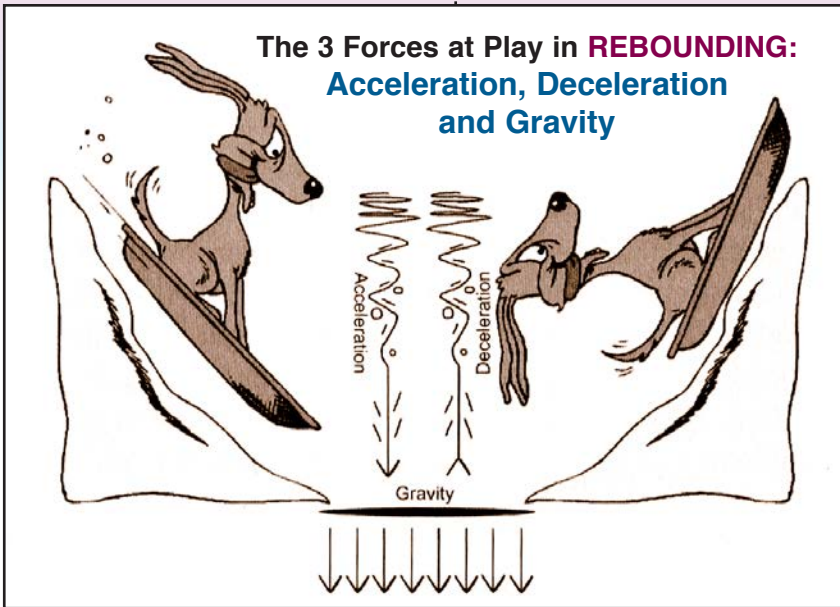
The following foods can help significantly improve your vein health and to relieve the symptoms associated with varicose veins:

- Apples, buckwheat, grapes, blackberries, cherries, etc. are rich sources of the bioflavonoid rutin, however, all bioflavonoids strengthen the veins and reduce their permeability and fragility.
- Avocados can do wonders in improving varicose veins with their high sources of vitamins. In addition to this, they also contain glutathione, which prevents oxidant damage to the veins.
- Beetroot is very effective in protecting the blood vessels from further damage. It contains betacyanin, which reduces the amount of homocysteine in the blood. Homocysteine can cause serious damage to the blood vessels. The intake of beets can protect the veins from this damage.
- Rosemary is another widely recommended herb to address varicose veins. It improves blood circulation and prevents damage to the vein tissues.



When rebounding, the forces of acceleration and deceleration line up with the natural acceleration force of gravity. This stacks three different forces at the bottom of the bounce and causes an increase in the amount of gravity the body experiences. [*Rebound Exercise*, Albert E. Carter]

Send your questions to Dr. Ma La Shomb, N.D., LMT, P.Tr., by text only, along with your name & phone number, to (406) 224-5425. Email to jumpstartyourhealth@gmail.com. Marlenea passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind, and soul through natural therapies and education.



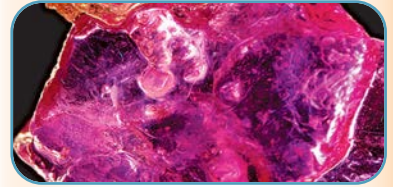
Here are some precautions to help prevent spider and varicose veins:

- 1) Elevate feet while sitting and sleeping.
- 2) Avoid sitting or standing for long periods.
- 3) Treat constipation.
- 4) Work on reducing your weight.
- 5) Walk, do yoga, stretch, and do rebounding.
- 6) Stop smoking.
- 7) Find regular, light physical activity you will stick with.

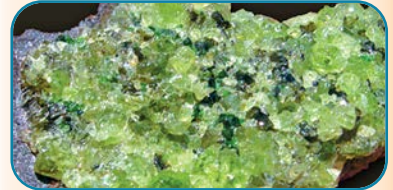
So, Ethel, I hope these tips encourage you. There's plenty you can do to improve the health and circulation in those veins in your legs. ENJOY! ■

— Dr. Ma

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