

Varicose Veins ... Therapy

They may be located anywhere in the body, but they are most commonly found in the legs..... Blood pulses through the arteries.... powered by the beating of the heart to provide nutrients and oxygen to the body tissues. It returns to the heart by means of the veins. Like the arteries, the veins are tube shaped vessels in graduated sizes, but unlike the arteries. The veins have tiny valves on their inner walls to prevent the blood from flowing backward, toward the arteries. If the valves do no work properly, circulation is impaired and blood accumulates in the veins stretching them. The result is varicose veins! Abnormally enlarged, bulging, and often bluish and lumpy looking veins. Dull, nagging aches and pains often accompany these prominent veins. Swelling, leg sores, itching, leg cramps and a feeling of heaviness in the legs are characteristic of varicose veins. Because lack of circulation contributes to the formation of varicose veins, they are more common in people who sit or stand in one position for prolonged periods of time. People who habitually sit with their legs crossed, (tight clothing) and those who lack PROPER REGULAR EXERCISE. EXCESS WEIGHT, heavy lifting and pregnancy put increased pressure on the legs.... increasing the likelihood of developing varicose veins.... Constipation, phlebitis, heart failure, liver disease, and abdominal tumours can also play a role in the formation the varicose veins.

A deficiency of **vitamin C and Bioflavonoids (mainly rutin)** can weaken the collagen structure in the vein walls, which can lead to varicose veins. A tendency toward varicose veins may also run in families. Most cases of varicose veins do not pose a serious problem and can be managed with simple home measures. In some cases, however, if varicose veins are not treated properly, complications such as bleeding under the skin, deep vein clots, and eczema like condition near the affected veins, or ulcerated spots near the ankles may occur.

Recommended Nutrients...

Protein as in Nutrishake or Protein Powder (Protein repairs and maintains.)...Needed to build the collagen structure of artery and vein walls. If one is overweight ... Use the GR2 Protein Meal Replacement Shake instead... better still use the GR2 Weight Loss program...

Formula IV... a Multi Nutrient formula (Maintains Nutrient balance...Very Important...

Vitamin C Sustained (contains rutin as recommended above) ...is essential for strong blood vessels. Vitamin C for the production of collagen...

Flavonoid Complex...As in Vitamin C... Vitamin C and Flavonoids work together, aids circulation by reducing blood-clotting tendencies and aids in production of collagen, which builds strong walls of blood vessels thus preventing bruising and promoting healing. Flavonoids and VC have antioxidant properties, which protects heart, veins and arteries from oxidant damage.

Essential Fatty Acids... (FIV) Omega 3...Reduces pain and helps keep blood vessels soft and pliable.... (Prevents hardening of the arteries and Veins) reduces cholesterol and triglycerides... vital for healthy circulation. Use the best – Omega 3 Salmon Oil Plus.

Vitamin E... Improves tissue oxygenation and Improves circulation and aids in preventing heavy feeling in legs. Vitamin E is also a powerful antioxidant preventing free radical damage and builds the immune system. Prevents red blood corpuscles from sticking together thus helping prevent clots from forming. /Vitamin E... can dilate blood vessels, improves circulation thus reducing susceptibility to varicose veins. Dr. Don Lawson maintained that one could reverse varicose veins by taking 400 IU's of VE daily.

Helpful for the cramps... **Vitamin D (in FIV) plus Calmag**... this Combination helps to relieve leg cramps... Zinc... aids in the healing process. Fibre ...(Fibre Tabs, Fibre Blend, Fibre bars) and Vitamin B. Complex helps to keep the colon clean and helps alleviate constipation.Info... from GNLD and 'Prescription for Nutritional Healing'.... Balch Nutritional Almanac - DunnRemember that the body is manifesting a problem through its visible ailments i.e. Varicose veins so see it as a warning sign that there is some deeper wrong with this person... i.e. circulatory problems might mean sedentary lifestyle, eating disorder or digestion disorder.