

Natural Help 4...

Poor Circulation



What is Poor Circulation?

Circulatory system problems arise when there is limited blood flow to the legs, hands, heart and rest of the body. The blood vessels become blocked as a fatty substance called plaque builds up and hardens and constricts the walls of the arteries and veins. This interrupts the normal flow of blood through the vessels and results in **poor circulation**.

A variety of conditions can be brought on by **poor circulation** such as high blood pressure, **hypertension**, stroke, **varicose veins**, peripheral artery disease, heart disease, kidney damage, aneurysms, arteriosclerosis, **Raynaud's disease** and phlebitis.

Diagnosing Poor Circulation

The diagnosis will be based on the patient's medical history, family history and lifestyle. The doctor has to determine the root **cause of the circulatory disorder** before administering treatment.

What are the Symptoms of Poor Circulation? - behaviors

The symptoms and signs of **poor circulation** include:

- Cold hands and feet
- Pins and needles
- Cramping or fatigue in legs, buttocks or feet during activity
- Swollen feet or legs
- Deteriorating vision
- Blueness, purple or dark skin (cyanosis – an indication of inadequate oxygen delivery)
- White fingers
- Lower leg pain
- Blood clots
- Brittle toenails
- Loss of sensation in the hands and feet
- Poor discernment of temperature
- Dizziness when standing quickly
- Numbness
- Migraines and headaches
- Tinnitus and hearing loss
- Foot and leg ulcers
- Varicose veins and spider veins
- Pale, hairless, mottled, scaly or shiny skin on the calves, ankles or feet

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

If you often feel **numbness, pain and swelling in your feet and legs** or suffer from cold hands, seek immediate treatment. **Poor circulation** can be extremely harmful to the body and it is vital that the right amount of blood flows to the heart and the brain.

What Causes Poor Circulation?

Circulatory system problems can be caused by certain medical conditions, lifestyle factors and behaviours.

Medical Causes of Poor Circulation - Anemia

- Diabetes
- High blood pressure
- High cholesterol
- Obesity
- Heart disorders
- Circulatory disorders
- Blood vessel disorders
- Artery and vein disorders
- Arterial insufficiency
- Intermittent claudication
- Thrombophlebitis
- Nerve and thyroid disorders
- Varicose veins
- Anaemia
- Asthma
- Bronchitis
- Pneumonia
- Emphysema
- Pregnancy

Other factors that contribute to **circulatory system problems** are tobacco smoking, poor eating habits, insufficient exercise and sitting in a cramped position for long periods (also known as Economy Class Syndrome/DVT – deep vein thrombosis)

Help for Poor Circulation

Circulatory system problems can be treated with conventional medication, lifestyle changes as well as natural and alternative therapies. The primary objective is to **prevent circulatory problems, relieve swelling, pain and speed healing**. Mild cases of **poor circulation** usually require an aerobic exercise program, a healthy eating plan and a low dose of aspirin.

Treatment also involves making certain important adjustments to your lifestyle such as eating a high fibre and low fat diet, exercising regularly, losing weight and quitting smoking. Your doctor may prescribe **medication to relieve the pain and swelling**.

Treatments for Poor Circulation



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Over-the-counter medication such as aspirin, analgesia and heparinoid creams
- Prescription medication such as pentoxifylline
- Surgical procedures such as angioplasty, atherectomy, revascularization and endarterectomy
- Vitamin B6 and B12, Vitamin C, Vitamin E, niacin, and magnesium.
- Physical therapy
- Hydrotherapy

In addition to these treatment options, you would also have to revise your nutritional requirements by increasing your intake of water and eliminating refined foods such as caffeine, alcohol and sugar. Include low fat and high fiber in your diet to **reduce cholesterol levels and improve circulation.**

Is there a Natural Treatment for Poor Circulation?

Natural and holistic treatments that include herbal and homeopathic remedies reduce symptoms effectively and address the **overall health and well-being** of the individual.

Natural remedies can stimulate circulation and at the same time improve your overall physical, emotional and mental health. Treatments like hydrotherapy, acupuncture, reflexology, aromatherapy and massage are also very therapeutic.

There are a number of herbal and homeopathic remedies that can be very effective in treating the **underlying causes of poor circulation** without the harmful side effects of some of the prescription drugs. These include herbs such as Ginkgo biloba, Zingiber officinalis and Rosmarinus officinale (Rosemary). Consult a homeopath or herbalist about advice on the treatment that suits your needs best. If you are already using prescription medication for circulatory problems, always consult your doctor before deciding to take any herbal remedies.

Some Useful Tips

There are various methods to **prevent, treat and improve blood circulation** and they include the following:

- Exercise regularly or participate in any physical activity for at least 30 minutes a day. Try walking, swimming, biking or aerobics to get the blood pumping.
- Eat a healthy, well balanced diet that is high in fibre and low in fat - this will ensure that your cholesterol levels remain in check.
- Incorporate supplements such as ginkgo biloba, cod liver oil, omega 3 fish oils and garlic to improve circulation.
- Quit smoking as this increases cholesterol, hardens the arteries and causes other blood vessels to constrict.
- Wear support socks or compression hosiery to **improve poor circulation.**
- Take a warm bath or soak feet in warm water to increase the blood flow.
- Feet and other extremities should be kept warm by wearing thermal or woollen socks.
- Reduce stress through meditation, deep breathing exercises or listening to music.

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- Keep swollen feet raised for short intervals to allow the blood to flow through and help the fluid to drain from the feet.
- Avoid staying inactive for long periods, keep moving to improve circulation (if you work in an office and spend most of the time seated, get up now and then to run an errand).

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side



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effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

Related Natural Remedies:

Vizu-All Plus: Natural remedy for visual and circulatory health.

Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes** while promoting overall systemic and immune system health.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects**.

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands, while encouraging the maintenance of healthy blood flow to the brain to prevent age-related absent-mindedness and to support healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Vizu-All Plus](#)

High-Rite: Helps maintain healthy blood pressure, artery clarity and functioning and heart health.

High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems**.

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

High-Rite supports the healthy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and arteries**, routine oxygenation of the blood to the heart muscle and pulse regulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about High-Rite](#)

Circu-Live: For circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free.

Circu-Live is a 100% safe, non-addictive, natural herbal remedy formulated by a team of experts in the field of natural medicine, Circu-Live has been used for many years to safely maintain **health and systemic balance of the circulatory system**.

Containing a selection of herbs known for their **supportive function in**



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maintaining circulatory health and well being, Circu-Live remains true to ensuring the bio-availability and balance of active ingredients contained in the remedy, while significantly reducing the likelihood of side effects.

Circu-Live **supports functioning of the cardiovascular system**, thereby helping to maintain healthy circulation of the blood through veins and arteries to all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

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