

VARICOSE VEINS

Varicose veins are bulging, twisting veins seen most often on the legs and thighs. Spider veins are smaller and do not bulge. Both are more common in women, and risk increases with age, excess weight and number of pregnancies

POSSIBLE CONTRIBUTING FACTORS



- Portal vein/liver congestion
- Standing or sitting for long periods
- Increased blood viscosity
- Anemia
- Hormonal imbalance
- Vitamin C/bioflavonoid deficiency
- Spleen dysfunction
- Low cortisol

LIFESTYLE & DIETARY RECOMMENDATIONS



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats
- Move frequently throughout the day and take frequent breaks if you have a desk job
- Stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc)
- Consume more vitamin C rich foods; red bell peppers, broccoli, Brussel sprouts, strawberries, kiwi, etc
- Consume more iron-rich foods; organ meat, beef, lamb, turkey, leafy greens, legumes
- Move lymphatic system with daily walks, rebounding, dry brushing, lymph massage, etc

SUPPLEMENT CONSIDERATIONS



- Phase 1 & 2 liver detox support formula
- Adrenal adaptogens or glandular (if low cortisol)
- Vitamin C and bioflavonoid complex
- Butcher's broom herb
- Gotu Kola herb
- Omega 3-6-9 formula
- Chlorophyll
- Iron and B Complex (if low)