

Dr. Navarro's Top Tips To Help Circulatory System, Which Lowers Your Chances Of Varicose Veins.

GET REGULAR EXERCISE. Any type of exercise that strengthens the "second heart" - the muscles of the calf and foot - is beneficial. Exercise for at least 30 minutes a day, 3 times a week. Suggested activities include walking, running, swimming and bicycling.

WEAR GRADUATED COMPRESSION STOCKING. Compression stockings act like an added layer of muscle, aiding the performance of the "second heart" and venous circulation.

MONITOR HORMONE INTAKE. Birth control pills and hormone replacement therapy constrict blood vessels and can weaken vein valves and vein walls.

AVOID PROLONGED PERIODS OF SITTING AND STANDING. Rotate your ankles and feet whenever possible, walk for at least 10 minutes every hour, and point and flex your toes to promote leg vein circulation.

ELEVATE YOUR FEET. Raise your feet 6 to 12 inches above your heart whenever possible to assist circulation.

EAT A HIGH FIBER & LOW SALT DIET. Salt retains water and constipation puts pressure on the venous system.

MAINTAIN AN APPROPRIATE BODY WEIGHT FOR YOUR FRAME. Obesity can strain the circulatory system.

WEAR LOOSE-FITTING CLOTHING. Tight garments can restrict the flow of blood to and from the legs.

CONSIDER DIETARY SUPPLEMENTS. Vitamins C and E act as antioxidants, which are good for circulation. Flavonoids, butcher's broom, and Horse Chestnut Seed Extract (HCE50) improve venous circulation and decrease symptoms of venous disease.

AVOID CROSSING YOUR LEGS. Leg crossing constricts veins and increases venous pressure.

To contact Dr. Navarro: www.veintreatmentcenter.com