

Holistic Treatments For Varicose Veins

Varicose veins are a very ugly, embarrassing problem that many people, especially women suffer from. In fact, twice as many women have varicose veins as men. They tend to run in families. Most often varicose veins show up on the legs, ankles and feet, but theoretically, they can appear anywhere. They cause no harm, other than to a person's vanity. Sometimes they can be tender to touch and can cause swelling of the ankles and feet. If you are wondering if you have a varicose vein, look at the symptoms. Varicose veins are dark blue blood vessels that are clearly seen through the skin. Sometimes aching in the legs accompanies the presence of varicose veins, especially if the person is on their feet for a long period. If the vein stands out, it is probably a superficial varicose vein. Varicose veins are caused by excessive pressure on the legs that causes blood to pool in a vein, causing the vein to twist out of shape. Women are more likely to have them because of the hormonal changes that occur during both pregnancy and menopause, which tend to cause varicose veins. The most common thing recommended to relieve any pressure from varicose veins is support nylons. This helps to release the pressure on the leg and ankle. Laser treatment can remove some forms of varicose veins and surgery or stripping is needed for severe veining. Some people would rather turn to holistic treatments to prevent and ease varicose veins. Acupuncture cannot help the problem get better, but activating certain acupuncture points can help to keep varicose veins from getting worse. Some people turn to aromatherapy. Cypress and geranium essential oils are used by blending twelve drops of them with another oil and rubbing the mixture on the legs, not just the veins. Oil of rosemary is also massaged onto the veins to help stimulate circulation. If the person is suffering from swelling and pain, they can apply oil of cypress or oil of chamomile. Increasing fiber intake to 30 grams per day can help keep more varicose veins from forming. Adding vitamin A helps alleviate any varicose ulcers. Blood vessels are strengthened through taking B Complex One. Vitamin C promotes circulation and vein strength. Vitamin E helps improve circulation and make one less prone to having varicose veins. If you struggle with varicose veins, avoid sugary and salty foods, as well as animal protein, fried foods, cheese and ice cream. Chiropractors can help keep varicose veins from forming through manipulating the spine to relieve pain on the legs. Some choose to take an herbal treatment. Witch hazel applied to the area is said to help reduce the appearance of the veins. Horse chestnut can be taken internally or externally to help with circulation. Other herbs that help are bilberries, butcher's broom, gotu kola, ginkgo and hawthorn. Alternating between hot and cold baths can sometimes help stimulate circulations. Adding Epsom salts to the water is a good idea. You can soak your feet and legs in the water without needing to wash your whole body. These are some suggestions to help ease the discomfort of varicose veins and prevent more from forming.

About the Author

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