



healthcare for the whole family

Vanish those Veins

Q: Is there anything naturally I can do to help take care of and/or prevent these ugly varicose veins on my legs?

A: As always the best line of defense for any health concern is prevention. Even though most people seek out treatment to improve their appearance, sometimes varicose veins can become symptomatic with their legs aching and feeling tired. There is always sclerotherapy and surgery to remove the unwanted veins but they do not look at the underlying problem which is to promote a healthy venous system integrity and function. I recommend to my patients that have problems varicosities (and hence circulation difficulty to have a cup of blueberries/blackberries per day. These foods are great to help improve the elasticity of the vessel walls. Vitamin C, and bioflavonoids are very important for maintaining healthy veins. Some herbs that may be helpful include horse chestnut, bilberry and which hazel. These herbs are great for improving circulation and strengthening the vessel walls. Diet and exercise can never be forgotten. Getting in some moderate exercise and eating a whole food diet are not only important for your veins, but also for your whole body. With the summer months upon us maybe it's time to think about taking care of your veins.