VEIN PROBLEMS

Problems it can create:

Varicose Veins
Hemorrhoids
Nose Bleeds
Strokes

Vein Problems are caused by a weakening in the wall of the vein. It may be weak in the nose area and cause nose bleeds, or in the anus causing hemorrhoids. In the legs it can be seen as varicose veins. In the brain, it can cause strokes if the vein hemorrhages.

Strengthening the Vein Walls

*** A diet high in fiber decreases the pressure inside the abdomen, allowing the blood to return from the legs to the heart more easily with less 'back pressure'. Increase dietary fiber**
*** take bioflavonoids daily (1 each meal) or eat a really lot of the right foods**
*** take horse chestnut daily (this herb seems to really help)**
*** take 200 mg Vitamin E daily**
*** take 600 mg Magnesium daily**
*** keep coffee intake down to one or less a day (tends to clog up the arteries and veins)**

HEMORRHOIDS: Avoid standing for hours at a time. Each evening put your feet up for a couple of hours when you are relaxing. Don't sit on cool surfaces, and especially not cement. If you have a tendency toward dry stools or constipation, take the time to try and correct this. There are many products that help. Taking fiber, probiotics and herbs for a period of time will start the process of correcting the problem. Make sure you are drinking enough water throughout the day. Bowel tonics may need to be employed long term for stubborn cases.

VARICOSE VEINS:

1. **You can apply "Cypress" essential oil directly to vein, undiluted, several times a day for many days.**
2. **Cut out sugars and add calcium to the body. Take cayenne. Start with 1/2 tsp 3 times daily and work up to 1 tsp 3 times daily. Dr. Christopher also suggests you soak white cotton stocks in white oak bark tea and wear them. A person might have to cover them with plastic so that the liquid does not get into the clothes.**
3. **Castor oil packs have been a real help to many. Dip a cloth into castor oil, place on skin and wrap with plastic saran type wrap, then top with towels to drive the oil into the skin. Leave on for an hour at least once a day. The oil pack can be reused for many treatments, just wrap it in saran do it doesn't mess everything it touches. Castor oil moves congestion.**
4. **Rutin. Bioflavonoids. Take about 3,000 mg daily as a minimum.**
5. **Elevate feet as often as possible.**

6. **Sometimes wearing elastic stockings will give support.**
7. **Drink at least 10 glasses of water per day and has removed all refined carbohydrates and spicy foods.**
8. **Watch for weakened thyroid**
9. **Use decoction (tea infusion) of [white] oak as a wash, bathe 3-4 times daily (dilute for open sores), also do fomentation may be wrapped around the affected part and covered well with flannel.**
10. **For spider veins rub inside of lemon or orange on.**
11. **Cleanse liver**
12. **Herbs to help: Barberry, hawthorn berries, white oak bark, witch hazel, calendula help circulation, prevent build up of toxins in large bowel.**

Note: Superficial capillaries and veins are rarely seen in populations where unrefined, fiber rich carbo. comprise large portion of the diet.