

Varicose Veins

The veins in your feet and legs have the job of pushing the blood back up your legs to the heart—an uphill battle all the way. As we age, the valves that help keep the blood going up can get a little weak. This allows the blood to pool and you get swollen ankles, feet, and legs. The more it pools, the more the veins stretch. This is the precursor to spider and varicose veins. You don't have to be old to get these, if you stand on your feet all day, if you sit in one position most of the day, if you cross your legs most of the day, or if you wear tight shoes all day you can begin to see these problems.

Do you have them?

- Apply Cypress (for circulation) on the vein and work towards the heart with light thumb pressure. Apply Helichrysum (for elasticity) the next day. Do this for 30 days.
- Apply Rosemary for broken capillaries and varicose veins to help them heal.
- Use compression stockings.

Are you pretty sure you're going to get them?

- Lemon can tighten varicose veins and strengthens connective tissues.
- Use compression stockings.

Do you just want to do general preventative maintenance?

- Lemon can tighten varicose veins and strengthens connective tissues. (Do your liver cleanse!)
- Bay Laurel can improve circulation and decrease lymphatic congestion thus decreasing your chances of developing varicose veins.
- Use compression stockings.

I know you noticed the recommendation to use compression stockings. Most people will look at that and say they won't, those are for "old people." They aren't. I know many nurses who say these stockings are their best friend, keeping their legs from being tired and swollen at the end of the day. You can also buy these stockings in black or white that look like socks—you can wear them with shorts and no one will know you're not wearing regular socks. If you have insurance, check with them. Many will pay all or most of the purchase price—but only if you ask.

Regardless of which category you fall into, one of the best things you can do is dry body brushing. Please see our website for a handout with instructions on how to do this.

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com