

# Vein Health

(Hemorrhoids, Phlebitis, Spider Veins, and Varicose Veins)

- Hemorrhoids are swelling and inflammation of veins in the rectum and anus.
- Phlebitis is inflammation of a vein, usually in the legs.
- Spider veins are mild varicose veins.
- Varicose veins are swollen veins that you can see through your skin. They often look blue, bulging, and twisted.

These types of vein problems are caused because the valve doesn't open and close correctly. Blood flows down easily enough (gravity helps it) but it isn't getting back up. The valve opens and closes because you have muscles that work it. If these muscles get tired they don't do as good of a job as they should, then you begin to get blood backed up, this makes the veins swell. Generally speaking, you can handle this for a while, but as time goes on, the veins swell and want to stay swollen. That's when the problems begin to be noticeable. The earliest signs are heavy, tired feeling legs and swollen ankles, and then you will progress to spider veins, then varicose veins and phlebitis. We threw hemorrhoids in here because it's pretty much the same thing, just higher up the leg.

## Causes:

- Constipation
- Diet
- Hereditary
- Hormonal imbalance
- Overweight
- Pregnancy
- Standing all day or sitting all day
- Other

## How to use the essential oils:

Apply any of the essential oils listed below on location, diluting with carrier oil if too warm. Note: if you apply undiluted many people can see improvement by using 3-4 times a week, if you dilute you will probably need to apply every day. Massage above the affected vein (don't do this if you have a blood clot) towards the heart with one of the essential oils listed below every morning and night. You will want to rotate the essential oils used, bare minimum rotation is to use a different oil at night than you used in the morning, better to rotate through at least four different essential oils. Wear support hose during the day until healed *completely*. If you think close is good enough you will get to start the whole process over again later. Some people no longer have problems in as little as three months, others take up to a year, and still others take longer.

## Some "rules" to follow:

- Always work towards the heart!
- Be gentle!
- Always work below a blood clot—never on or above!
- Caution: Do not rub below the affected area as it may increase the pressure on the vein.

## Beneficial essential oils:

- Basil—Stimulates blood flow; decongests veins and pulmonary arteries; varicose veins.
- Bergamot—Antitoxic, astringent, diuretic, and vulnerary (a remedy used in healing or treating wounds). Benefits: varicose veins

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- Bliss Blend (contains: Bergamot, Lavender, Sandalwood, Rosewood, and Geranium)—All of the oils in this blend are found in this list of oils good for vein health except Rosewood. However, Rosewood appears to support skin elasticity and soothes the skin, so it's a good addition!
- Blossom Blend (contains: Bergamot, Lemon, Neroli, Orange, Ylang Ylang, and Vanilla)—Many of these essential oils are on this list. It is a good substitute if you can't get the Bliss Blend.
- Coriander—This oil helps to remove toxins and stimulates circulation.
- Cypress—Stimulates circulation, varicose veins, wound healing; varicosities, internal and external hemorrhoids, vasoconstrictor; and strengthens the veins. The principal action of Cypress oil is to enliven and regulate the flow of blood. Part of this action depends upon its restorative, toning effect on the veins, a by-product of its overall astringent quality. A general detoxifying, decongesting essential oil, with wide-ranging uses. In addition, Cypress is thought to lessen scar tissue. (Avoid in pregnancy.)
- Geranium—Antihemorrhagic, useful in healing broken capillaries, aids with poor circulation, stimulates lymphatic system, particularly useful with hemorrhoids and phlebitis.
- Helichrysum-- Regenerating and an emollient; aids broken veins, internal and external bruises, stretch marks, wounds, old scars. Dissolves coagulated blood inside and outside of the veins. One of the best essential oils to use for regenerating, aids broken veins, stretch marks. To mobilize the major systems of the body, especially the lymphatic and circulatory systems. Regulates blood pressure, cleanses and thins blood, aids varicosity, hematomas, internal and external, phlebitis, Para phlebitis, increases arterial and venous circulation, increases lymphatic drainage, and detoxification. This oil, with its energizing and pleasing sensations, deeply affects blood circulation, bringing vitality and fluidity to the whole circulatory system.
- Lavender—Great for reducing stretch marks, regenerates cells and thread veins, scars, and stretch marks.
- Lemongrass—In conjunction with Lavender, it makes an excellent tonic for the immune and lymphatic systems, promoting blood flow.
- Lemon—Tightens varicose veins and strengthens connective tissue. Useful for phlebitis. As a therapeutic agent, you can rely on Lemon's astringent properties and its energetic nature to improve circulation and tone capillaries and veins. Assists with conditions such as hemorrhoids when combined with Cypress in base oil. Lemon oil addresses: slackened muscle tissue, poor circulation, and a sluggish lymphatic system.
- Myrrh—Antiseptic, astringent, reduces inflammation, improves circulation, stimulates the regeneration of skin cells, and assists in the healing of wounds.
- Orange—Orange oil strengthens the epidermis, increases circulation, cell hydration, and supports cell regeneration. Use to reduce obesity and water retention. Orange is vital for the repair of body tissue. It softens and strengthens the outer layers of the skin and stimulates the nerve endings, which activate circulation. It is excellent for stretch marks.
- Peppermint—Vasoconstrictive action tightens capillaries; aids hypo tension; detoxifying; activates lymph flow and drainage
- Rosemary—Broken capillaries and varicose veins. Stimulates circulation, activates metabolism, provides the body with energy and vitality. Strengthens arterial blood flow. Promotes circulation to the extremities of the body.
- Sandalwood—Tissue regenerative Sandalwood strengthens the skin's connective tissues as it increases capillary circulation.
- Loving Care Blend (Contains: Rosewood, Geranium, Lavender, Ylang Ylang, Lemon, Sandalwood and Bergamot)—This blend was designed to help with pregnancy. One of the main causes of varicose veins is pregnancy—your body increases its amount of blood, stretching out the veins and putting pressure on them. Part of what this essential oil was designed for was to assist the veins in handling this. (Men, ignore the pregnant word and see that it is designed to help support the veins. It works great for you too!)

The first oils I would suggest you use are:

- Cypress
- Bliss Blend
- Loving Care Blend
- Lavender

**Varicose Vein Preventative recipe:**

5 drops Peppermint

10 drops Cypress

5 drops Lemon

10 drops Geranium

Mix together, dilute a couple of drops in carrier oil and gently massage from the outer extremities towards the heart (ie: from the feet to the hips).

One of the best things you can do is the dry body brushing. This will not only increase your vein health, but your overall health and takes only a couple of minutes each day before you shower. Please see our library archives on our website ([www.TracesEtc.com](http://www.TracesEtc.com)) to view the instructions.

**In addition to using your essential oils, we suggest the following:**

- Change your diet (I know you've heard this before, but did you know that a low-fiber, high sugar diet can *cause* varicose veins?) Load up on fiber, cut down on salt and processed foods. Eat whole grains, fruits, and vegetables.
- Add Vitamin E and Vitamin C to your diet.
- Eat lots of garlic and onions.
- Exercise (gee, where have you heard that before). Exercise increases circulation, tones muscles (those guys who are compressing the veins to keep the blood pumping), and it helps keep you slim which also eases the stress on those veins. Be careful you don't overdo it, especially if you have vein problems, you don't want to burst them open.
- DRINK WATER! (Did you know that if you are dehydrated your body will hang onto every drop of water that it can? If your ankles are swollen it can mean that you have the beginnings of varicose veins or that you're simply dehydrated and your body won't give up the water so it's storing it.)
- Wear loose clothing (especially underwear). You may have a cute patooty, but showing it off in skintight clothes compresses all those veins and can lead to hemorrhoids and varicose veins.
- Don't stand still, keep moving. I've seen little bicycle pedal things you can get to go under your desk, if you stand all day, rock back and forth.
- Use those support hose the doc recommended. (You can even get them in styles now so people don't know that's what you're wearing.)
- You may want to consider making the foot of your bed a little higher than the head of the bed.
- Give your veins a workout. Get a tub of warm water and a tub of cold water (doesn't need to have ice floating in it, but cold). Add a drop or two of essential oil to each of them. Put your feet in one and soak for a minute or two, then move them to the other one and soak, then repeat. The cold contracts and the heat expands the muscles, veins, pores, everything in the feet—this gives your feet a little mini workout. (Actually, it's a good idea to do this at the end of your shower—shower with nice, hot water, then just before you get out, turn the dial to cold, gasp, shiver, and turn it back to hot. Gives your whole body a nice quick workout.)
- Add a Nattokinase supplement to your diet. **DON'T DO THIS IF YOU ARE ON A BLOOD THINNER!** This is a mushroom that helps keep your blood running as it's supposed to. It helps get rid of clots. I've read studies that say that taking this supplement when you think you're having a heart attack will actually thin your blood faster than that super-expensive shot they'll give you at the hospital. Note: If you're going to fly or be riding in a car for a long time, be sure you take this before, during and after to avoid problems.
- Drink your Masaji™ daily.

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- Finally, end your day by putting your feet up. You may even want to consider a small box under your desk so your feet are slightly elevated during the day.

George Nemezc, a biochemistry professor at Campbell University in North Carolina says that, “any herbs that have antioxidants and also help with microcirculation” are beneficial when dealing with vein health. Did you know that practically all essential oils have antioxidants (actually, I’m not aware of any that don’t) AND since they all deliver oxygen directly to the cells they help with microcirculation!

**Success Story:**

(Okay, so it’s not a successfully avoided or fixed the varicose veins story, but after reading it, I’m going to work harder on my legs because I don’t want to have the laser treatments!)

I have a lot of spider veins and signed up for a series of 3 laser treatments on my legs. The first treatment lasted about 2 hours and it was so painful and my legs were in shock for days.

The next treatment 2 months later was just as miserable and lengthy. After the nurse had lasered one leg I happened to think of the pain-killing effect of peppermint oil and had the nurse put some on before using the laser. It cut the pain by half and so I had her put it on the already treated leg using a roll on applicator.

My attitude changed completely.

I hugged the nurse after the treatment and danced out of her office. My legs never went into shock and the cool feeling lasted all day taking away all inflammation.

Amazing! --Judith H.

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

Debby or Penny Swann

208-852-2295

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