

# Preventing and Reversing Varicose Veins

## Nutritional Tips:

- Drink enough water each day. Staying hydrated keeps pressure from building up in leg veins. A good estimate for your daily water intake is to drink, in ounces, your body weight in pounds divided by two (for example, a 150-pound person would drink at least 75 ounces of water daily). Water needs increase as temperature and activity increase.
- Eat at least 50 grams of fiber daily, whether from food or from a fiber supplement. This prevents straining while moving your bowels, which increases pressure in leg veins.
- Eat 2-3 cups per week of foods high in proanthocyanidins such as cherries, blackberries, blueberries, raspberries, etc. Proanthocyanidins help to keep the blood vessel walls healthy.
- Eat garlic, onions, ginger and cayenne often. These foods contain compounds which keep blood clots from forming in the legs. Veins that have become varicose have lower levels of these compounds.
- Eat raw pineapple whenever it is available. This contains bromelain, which keeps the blood and lymph moving and may prevent the hard lumpy skin around varicose veins from forming. If you don't have access to raw pineapple, take a 500 mg of a bromelain supplement twice daily between meals.
- Take 500-3,000 mg Vitamin C with bioflavonoids daily (adjust dosage according to stool consistency – if you have a loose stool, back off on dosage). Vitamin C is required to make collagen, the strengthening protein in vein walls.
- Take 600 IU Vitamin E daily to keep blood vessels flexible and healthy.

## Lifestyle Suggestions:

- Exercise regularly, focusing on activities like walking, running, dancing, or other exercises that move blood through the legs.
- Avoid standing or sitting in one place for long periods of time without occasional movement.
- Elevate your legs against the wall for a few minutes each day. This can be done any time – an idea is to do it before bed while reading or during your personal quiet time.



*Please consult your doctor before making any changes to your diet or lifestyle.*