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Varicose Veins: Homeopathy Offers Natural Relief

Varicose veins most commonly develop in legs and feet, they can occur anywhere in the body. They are recognized as dark ropy veins visible just beneath the skins surface. They can be deeper and not visible. Hemorrhoids are a type of varicose vein.

by **Myra Nissen, CCH, RSHom(NA)**
Nationally Certified Homeopath



Myra Nissen, CCH

Often a cosmetic concern, for many women they are a source of discomfort and may cause ulceration or blood clots. Common symptoms include achy, heavy-feeling legs, burning, throbbing, muscle cramps, and swelling. Ulcers and swelling of the ankles can be a sign of vascular disease and may require medical attention.

WHAT ARE VARICOSE VEINS?

Veins are part of the circulation system, our body's detoxification mechanism. Veins carry waste-rich blood to our lungs and heart for cleansing and oxygenation. Arteries circulate revitalized blood through the body. Veins in the lower part of the body have one-way valves to help overcome gravity and move the blood to the heart and lungs.

A vein becomes varicose when the valves can no longer prevent the blood from flowing backwards. Veins become distended; as the condition worsens veins continue to swell and thicken.

Surgery, laser, and injections are used to remove or collapse veins. These procedures can be painful, leave scars or permanent discolorations. Varicose veins often return.

We aren't sure what causes varicose veins. Heredity, weight gain, pregnancy, prolonged standing or sitting, constipation and lack of exercise are contributing factors.

Spider veins are smaller; look like a spider's web, found closer to the skin's surface, and are red or blue. They can occur on the legs or face and usually do not pose a health risk.

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(see reverse)

HOMEOPATHY HELPS

Homeopathy can arrest and often eradicate varicose veins and their discomfort.

More than herbs, homeopathy is a natural, individualized system of complimentary medicine utilizing small amounts of potentized natural substances, called remedies, that activate the body's self-healing response. Varicose veins are part of the circulatory system, it is important to work with a professional board certified homeopath.

An example of several of the many homeopathic remedies useful for varicose veins are *Ferrum phosphoricum*, *Thuja Occidentalis*, and *Lachesis*. Ferrum-phos. is often indicated for young women who suffer from varicose veins with a history of anemia or nosebleeds. Thuja is a good choice for varicose veins in other parts of the body such as breasts, face, and genitals. Lachesis may be needed for leg veins that become dark purple, swollen, and accompany hair loss during pregnancy.

SELF-CARE TIPS

- 1. Diet: Avoid spicy foods & caffeine.*
 - 2. Increase fiber intake up to 30-grams per day. Try ground flax seeds or psyllium husks.*
 - 3. 1-cup daily of dark red fruits such as blueberries or cherries help strengthen veins.*
 - 4. Take a breather; elevate legs above your heart for 15-minutes each day.*
 - 5. Soothing herbal compress: Steep in 1-quart of hot water 6-tablespoons each -- dried willow bark, witch hazel and yarrow leaves. Cool. Strain. Chill. Apply to legs with washcloth [1]*
 - 6. Consider leg makeup, a noninvasive approach to hide veins.*
- [1] From 1001 Natural Remedies by Lauri Vukovic, 2003*

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED

- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- Return to Wellness

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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