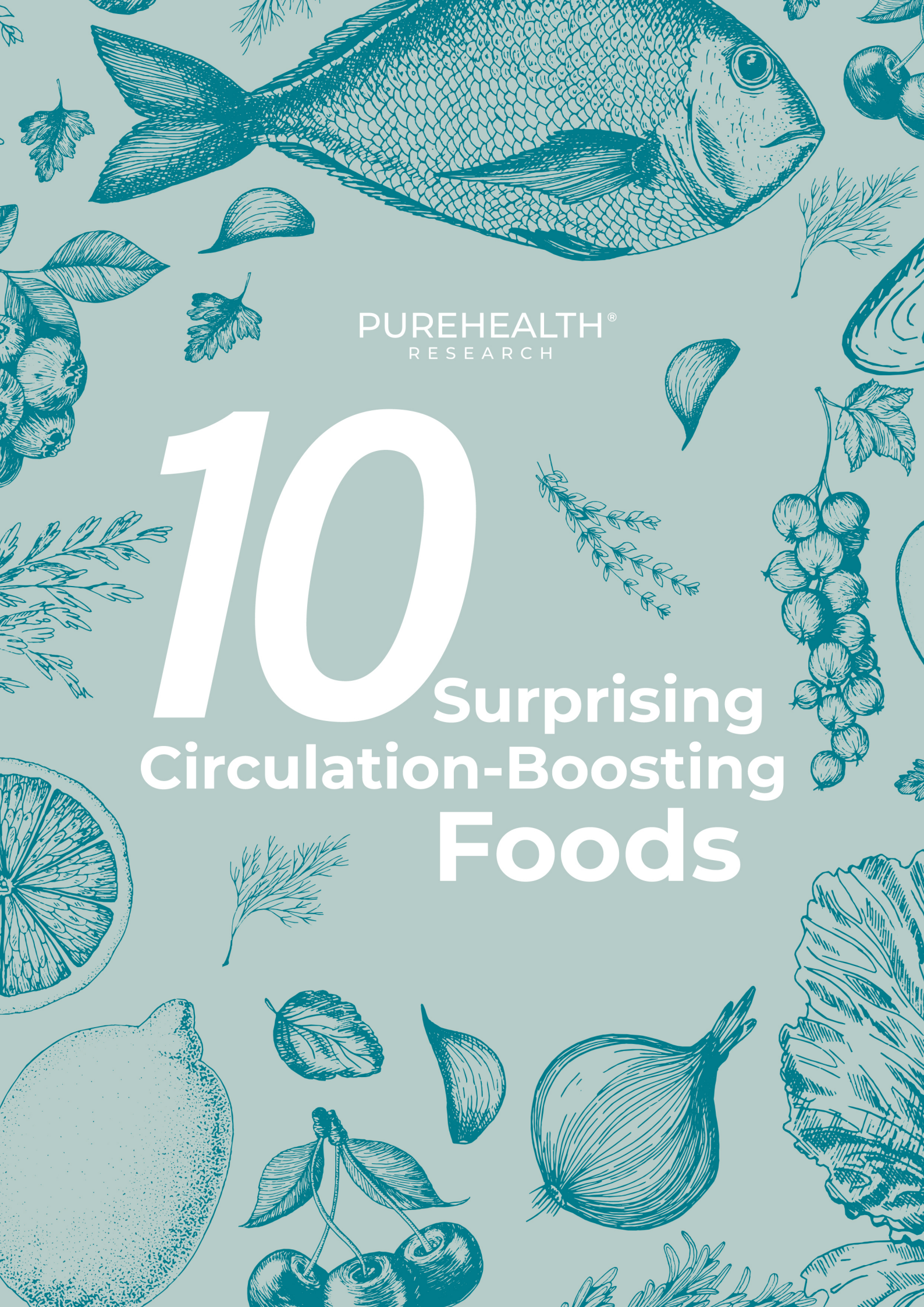




PUREHEALTH®
RESEARCH

10 Surprising Circulation-Boosting Foods

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10 SURPRISING CIRCULATION-BOOSTING FOODS

by

PUREHEALTH®
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INTRODUCTION

Hemorrhoids and varicose veins are nobody's friend. The first is painful, the second unsightly, and both are signs of poor circulation. When your blood can't move properly through your veins, several issues occur. However, these two issues are some of the most common. Thankfully, they're two issues that are also easily treated. In this case, hemorrhoids and varicose veins can be handled with several foods that boost circulation.¹

The more of these foods you incorporate into your diet, the better off your blood flow will be. When your circulation is improved, you'll not only notice that your uncomfortable hemorrhoids and eye-sore varicose veins are lessened, but you'll experience many other benefits of improved circulation, too!



WHAT CAUSES HEMORRHOIDS AND VARICOSE VEINS

Hemorrhoids and varicose veins develop in different ways and with separate distinct causes, but foundationally, both are the result of poor circulation. Your circulatory system moves blood through your body in a series of one-way valves. Sometimes, these valves become damaged or weak, which causes blood to collect in the veins. Then, they become enlarged.² This is the root cause of both hemorrhoids and varicose veins.



HEMORRHOIDS

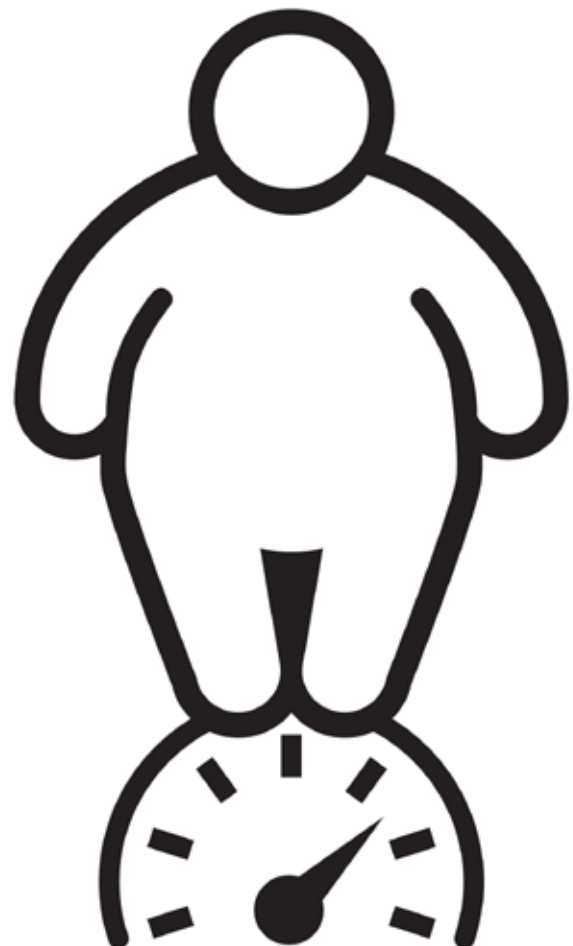
When the veins or blood vessels in and surrounding your anus and rectum are irritated and swollen, hemorrhoids develop because of the extra pressure on the veins. Both men and women are susceptible to these painful, raised areas of pooling blood. Hemorrhoids can present both outside the anus and inside, both of which are extremely uncomfortable.³

About one in every two people ages 50 or older will have experienced them. Pregnant women also develop them frequently because of the extra pressure put on the pelvic area while carrying a baby. A strenuous labor and pushing stage can also cause hemorrhoids.



IF ANY OF THE FOLLOWING APPLY TO YOU, YOU MIGHT ALSO BE AT RISK FOR HEMORRHOIDS:

- **Frequent strained bowel movements**
(as caused by constipation)
- **A family history of hemorrhoids**
- **Chronic constipation or diarrhea**
- **Obesity**
- **Long bathroom visits**
- **Frequent heavy lifting**
- **Over the age of 45**



HOW TO KNOW IF YOU HAVE HEMORRHOIDS

Especially if the hemorrhoids are internal, you might wonder if you have them or not. These are some common symptoms of hemorrhoids:

- **Bright red blood in your stool, when you wipe, or in the toilet water**
- **A painful, irritated anus**
- **Itchiness in the anal area**
- **Hard lump or swelling around your anus**

Some of these symptoms could also be a sign of other health conditions. If you suspect you have hemorrhoids, make an appointment with your doctor to rule out any other issues.⁴

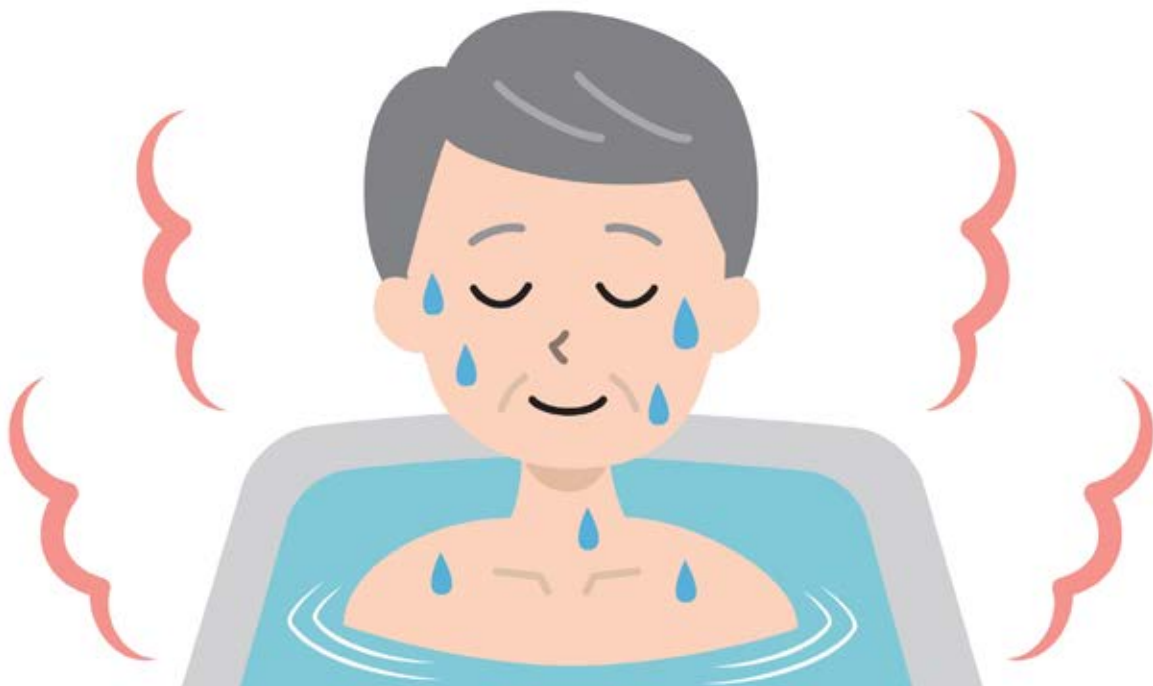
Your doctor might recommend one or a series of the following tests to rule out any other issues before helping you create a treatment plan for your hemorrhoids. However, if you add the foods discussed in this book to your diet and your symptoms go away, you might be able to avoid these tests! (But you should still check with your doctor for the all-clear.)

- **Physical Check-up** – Your provider will give you a once over and check for swollen blood vessels in your anus.
- **DRE (digital rectal exam)** – Your doctor will use a gloved and lubricated finger to check inside your anus for hemorrhoids or other issues, such as fissures or strictures.
- **Anoscopy** – The doctor will insert a lit tube inside your rectum to get a view of any internal hemorrhoids that might be present.
- **Proctoscopy** – This is similar to an anoscopy, but the view goes throughout your entire rectum.
- **Sigmoidoscopy** – In this procedure, a flexible tube is inserted into your intestine (through the rectum) and inflated with air. This makes the intestine swell so that your doctor can get a better view of more of your system. They might also take a tissue sample if a biopsy is needed.
- **Colonoscopy** – If your doctor wants to see through the entire length of your large intestine, a colonoscopy might be necessary. Through this process, they can also see if your supposed hemorrhoids are growing in conjunction with any other growths, sores, or areas of bleeding. During a colonoscopy, some other issues might be able to be treated.

There are a few treatments that most doctors recommend once they've diagnosed hemorrhoids. These include:

- **Warm sitz baths, sometimes with herbs, salts, or other additions to encourage healing**
- **Ice packs to bring down swelling**
- **Hemorrhoid creams**
- **Suppositories**

None of these solutions addresses the root cause of the issue, though, which is that hemorrhoids are caused by poor circulation. You can take control of your body by choosing fiber-rich foods that help your blood flow smoothly and easily throughout your veins.



VARICOSE VEINS

Blood vessels run throughout your entire body. The red artery branches deliver oxygen-rich blood, and the blue veins return depleted blood to the heart and lungs to grab more oxygen. This is the circulatory system.

Varicose veins happen when the veins in any part of your body become enlarged and twisted. They're quite common in the legs, however, especially with people who are older, overweight, or pregnant.⁵

This condition isn't usually medically serious; however, many people find varicose veins to be uncomfortable as well as unsightly. They can lead to more serious problems down the road if they get worse.

Spider veins are often interchanged with varicose veins, but they're simply a milder form. These resemble a sunburst or spider-web-type pattern on the skin and are flat to the touch. They can be red or blue and are common on the legs and face.

Like hemorrhoids, varicose veins are caused by elevated blood pressure, which causes undue pressure on the veins. Plus, your legs withstand pressure all day long from supporting your weight, which makes them the most common place for varicose veins to present.

You are at higher risk for varicose veins if you are:

- **Overweight or obese**
- **Over 50 years old**
- **Female**
- **Physically inactive**
- **Pregnant**
- **A smoker**
- **Taking hormonal birth control or hormone replacement therapy**
- **Suffering from leg injuries**

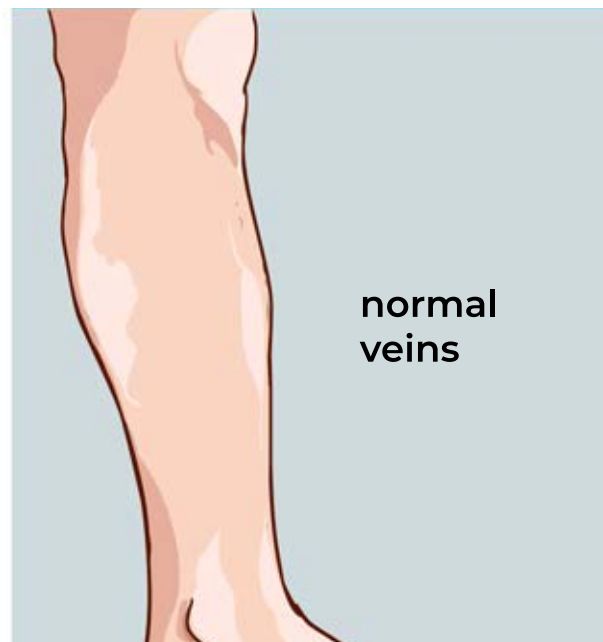
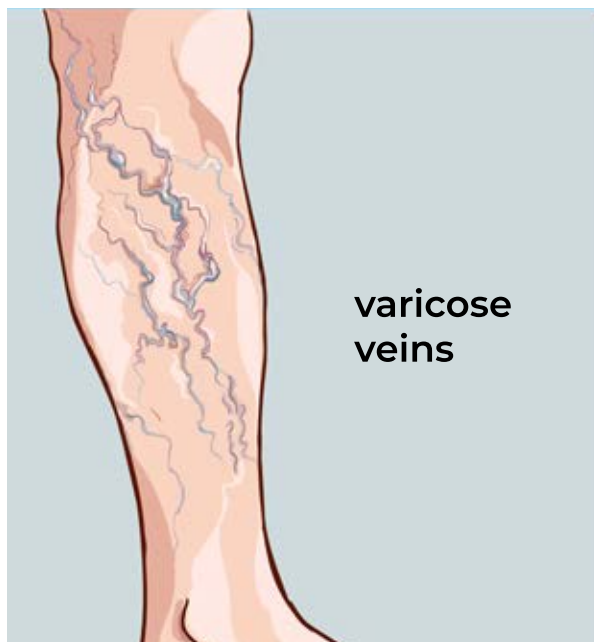
If you're suffering from varicose veins, you probably have some of the following symptoms:

- **Sores on your legs or wherever the varicose veins present**
- **Rashes**
- **Skin discoloration**
- **Heavy, burning, or aching feelings in your limbs**



Many people who have varicose veins experience high degrees of uncomfortable symptoms, such as heaviness, aching, swelling, burning, or throbbing in the legs or wherever their varicose veins are. They also get cramps and dry, itchy skin. It doesn't always stop there, though.

When varicose veins turn the corner from being uncomfortable to being severe, they can put you at risk for deep-vein thrombosis. These are blood clots deep within the veins. Symptoms of this condition include pain, swollen legs or arms, and redness around the site. These blood clots can break off and travel to the lungs, which could lead to death. If you have severe varicose veins and have trouble breathing, are coughing up blood, have a rapid heartbeat, and are sweating and/or fainting, seek emergency help right away.⁶



FOODS THAT IMPROVE CIRCULATION

Poor circulation can be caused by several underlying health conditions; thus, it might seem like a health issue that you can't control. After all, it has to do with the inner workings of your system, and those workings are complicated! However, poor circulation is something that has some easy solutions.



If you have any of these conditions, you're further at risk for poor circulation, so adding these 10 circulatory-boosting foods⁷ into your diet is of even greater importance.

- **Diabetes**
- **Obesity**
- **Smoking**
- **Raynaud's disease**
- **Peripheral artery disease**

Some of the symptoms of poor circulation are:

- **Pain in your muscles**
- **Cramps**
- **Numbness in your extremities**
- **Digestive struggles**
- **Cold hands and feet**
- **Hemorrhoids and varicose veins**

SO, LET'S GET INTO THE DELICIOUS AND NUTRITIOUS FOODS THAT WILL HELP RELIEVE ALL THESE SYMPTOMS AND GET YOU ON THE FAST TRACK TO A HEALTHY, ACTIVE LIFESTYLE.



BERRIES

Berries are full of vitamins, minerals, and antioxidants. They're also highly anti-inflammatory, which will help with swelling and irritation caused by hemorrhoids. When your body is wracked with inflammation, your blood vessels become damaged, and your blood pressure rises, which slows down your circulation. Thus, eating more berries helps your circulation by reducing inflammation.



POMEGRANATE

Pomegranates are superfruits providing excellent antioxidants and nitrites. These compounds are vasodilators, which means that they open up blood vessels to improve circulation. So, you can eat them to help relieve varicose veins and hemorrhoids! You can take pomegranate as a supplement or eat it raw, or even drink the juice to get these benefits.



WALNUTS

Nuts are a great source of healthy fat and nutrition. They have several beneficial compounds, such as l-arginine, vitamin E, and alpha-lipoic acid. All of these encourage the production of nitrous oxide, which helps relax blood vessels, improving circulation. Walnuts also lower inflammation and improve blood pressure.



BEETS

Beets contain a significant amount of nitrates. These nitrates encourage open blood vessels, which leads to low blood pressure and healthy circulation. Beets in the diet mean that plenty of oxygen is moving through your muscle tissue and veins, which helps reduce the likelihood of varicose veins and hemorrhoids. They also contain antioxidants and anti-inflammatory properties that protect your blood vessels. However, they're rich in oxalates linked to kidney stones, joint pain, and disease. So, eat the vegetable and avoid the "smoothie fad."



CITRUS FRUITS

Citrus fruits are another food category that is full of healthful components. Concerning circulation, they have a high amount of antioxidant-producing flavonoids and nitric oxide, which improves blood flow. To get the benefits of these anti-inflammatory fruits, add lemons, oranges, limes, and grapefruit to your daily diet. The more citrus you consume, the lower your risk of high blood pressure.



GARLIC

Garlic is often considered a spice, but it's actually a root veggie that has several wondrous health benefits. It is naturally anti-fungal and anti-bacterial, but it also contains sulfur compounds which increase blood flow to tissues throughout your body. It also relaxes blood vessels to lower blood pressure and improve circulation.



TOMATOES

Tomatoes help your blood pressure come down from high levels by reducing the angiotensin-converting enzyme. Reducing this enzyme opens up your blood vessels and allows for smoother blood flow.



ONIONS

Onions go with (almost) everything! If you don't like their taste, they're great when chopped finely and cooked down with other vegetables. Onions have large amounts of flavonoid antioxidants, which help widen veins and arteries to increase blood flow.



FATTY FISH

Everyone knows that fatty fish, such as mackerel, salmon, and tuna, are high in omega-3 fatty acids. However, these fats aren't just good for your brain. They also encourage high production of nitric oxide. Eating fatty fish means your blood vessels open up and circulation is improved.



LEAFY GREENS

What's not to love about leafy greens? Almost every health issue calls for more of these in a diet. Foods such as spinach, collard greens, Chinese cabbage, and butter lettuce are high in nitrates. Your body converts these into nitric oxide, which lowers blood pressure and improves circulation.

CONCLUSION

When your circulation improves, many other things improve as well. For example, people with good circulation experience:

- **Faster wound healing**
- **Sharper, clearer thinking**
- **Improved heart function and health**
- **Glowing, healthy skin**

These ten foods are easily added to any diet and will help open up the blood vessels, improve blood flow, lower blood pressure, and improve overall circulation. When your circulation is at an optimum state, hemorrhoids and varicose veins are much less likely to appear.



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Energy, metabolism, detox

Toenail care

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Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

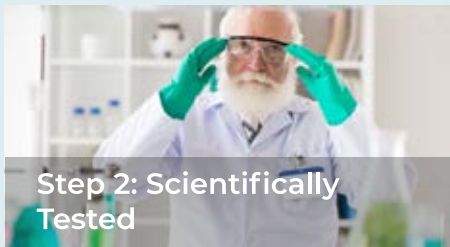
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INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



Step 1: The Creating Process



Step 2: Scientifically Tested



Step 3: The Purest Ingredients



Step 4: Ingredient Testing



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- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/varicose-veins>
- <https://www.healthline.com/nutrition/foods-that-increase-blood-flow>

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