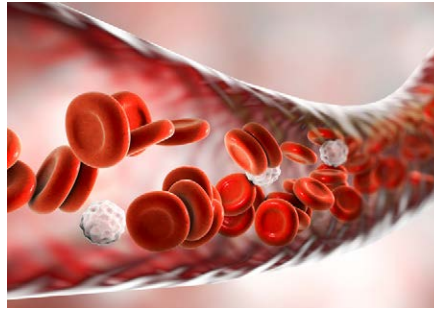


Let Your Blood Flow

Natural Solutions for Reducing Agglutination, Preventing Blood Clots, and Healing Varicose Veins



Blood supplies every cell of your body with water, nutrients, and life-giving oxygen. Without a constant blood supply it's impossible for tissues to remain healthy. So, anything that interferes with blood flow will adversely affect the whole body and may even be life-threatening.

If blood thickens due to the clumping of red blood cells, a problem called agglutination, the ability of the blood to nourish the tissues and provide life-giving oxygen is seriously impaired. As circulation slows and the blood thickens, clots may form, a problem known as thrombosis.

Blood clots may lodge anywhere in the body, stopping blood flow, but they are particularly problematic when they block the flow of blood to the heart, brain, or lungs. A blood clot in the heart causes a heart attack and can be deadly. A blood clot in the brain will cause a stroke that can paralyze or kill a person. Pulmonary thrombosis inhibits oxygen exchange in the lungs and can also be deadly.

Sluggish venous circulation, characterized by varicose veins, contributes to poor blood flow, which also carries potential complications. Without good venous circulation, wounds won't heal properly and the body is less able to fight infections.

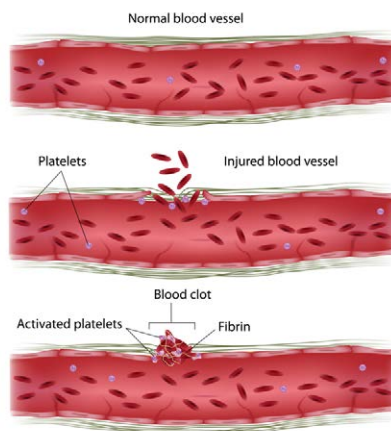
In this issue of *Sunshine Sharing*, you'll learn the importance of keeping blood flowing properly throughout your body and natural solutions to help you achieve this vital goal. We'll talk about ways to prevent thrombosis and agglutination naturally, as well as remedies to aid venous circulation to heal varicose veins and aid blood flow throughout the body. All of these goals can be achieved without resorting to drugs with potential harmful side effects.

Blood Clots and Thrombosis

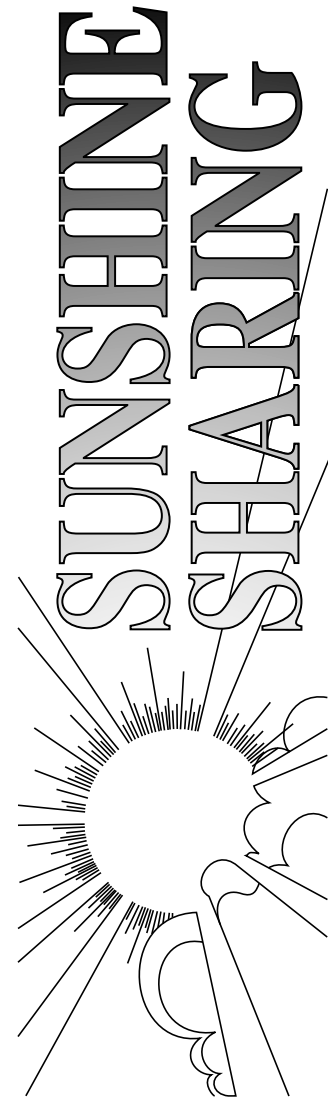
The blood carries small cells known as platelets or thrombocytes. These cells are primarily responsible for forming blood clots, a protective mechanism against injury. When blood vessels are injured, platelets detect the damage and attach themselves to the damaged area. They release chemical messengers that attract fibrin deposits to the site of injury. These strands of fibrin catch red blood cells to form the clot. Without this protective mechanism, you'd bleed to death at the slightest injury.

Under certain conditions, platelets can initiate blood clotting within undamaged blood vessels. This is called thrombosis. These clots can lodge in both veins and arteries, blocking normal blood flow. This can result in a variety of serious health problems. Blood clots in the lungs (pulmonary thrombosis) can disrupt the body's oxygen supply. Clots lodging in the arteries of the heart (coronary thrombosis) will cause a heart attack. Clots that lodge in the brain (cerebral thrombosis) will cause a stroke.

A related condition to thrombosis is an embolism. Anything that can lodge in a blood vessel and disrupt the flow of blood is called an embolus. A piece of a blood clot can be an embolus, but so can a fat globule or other foreign material. In either case, thrombosis or embolisms blocking circulation is a serious health issue that is best addressed through prevention.



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Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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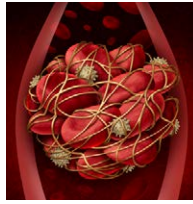
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Obesity, high blood pressure, arterial plaque, surgery or other trauma, and long periods of bed rest or sitting can all increase your risk of thrombosis and embolism. The risk also increases if you have blood type A and are over 60. Pregnancy, birth control pills, and hormone replacement medications used for menopause may also increase the risk of thrombosis.



One of these options is vitamin E, which acts as an antioxidant and helps to thin the blood naturally. Butcher's broom is an herb commonly used to treat varicose veins. It also appears to inhibit clot formation in blood vessels without thinning the blood, especially when taken with vitamin E.

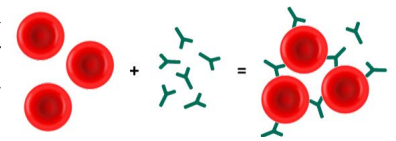
The enzyme nattokinase, found in the fermented soy product natto, shows promise as an aid to preventing blood clots. It breaks down the fibrin mesh that forms blood clots. Research has demonstrated that taking nattokinase may prevent blood clots from forming in the circulatory system and may even dissolve blood clots that have already formed. If you're at risk for DVT and planning a long trip via car or plane, you may wish to take a nattokinase supplement along with vitamin E before traveling to help prevent thrombosis from sitting too long.

There are a number of other herbs that have a moderate ability to reduce the formation of blood clots when taken regularly. These include alfalfa, melilot (yellow sweet clover), garlic, and ginkgo. Omega-3 essential fatty acids also reduce the risk of thrombosis.

If you're on blood-thinning medications, seek professional assistance before using herbs or nutrients that help to thin the blood. You don't want to over thin the blood and increase your risk of bleeding.

Blood Stagnation and Agglutination

There is a concept in traditional systems of medicine called blood stagnation. It's the idea that the blood is not flowing properly, possibly because it's too thick. It's closely akin to the idea of hemagglutination in modern medicine, but may involve more than just agglutination.



Agglutination is part of the immune response. It occurs when antibodies cause cells to stick together, enabling the immune system to destroy them more easily. Hemagglutination occurs when red blood cells clump together due to these antigen-antibody reactions as shown in the illustration above. Hemagglutination reduces the ability of the blood to flow and also reduces the surface area of the red blood cells exposed to oxygen-carbon dioxide exchange, thus reducing the amount of oxygen in the blood. Hemagglutination can also be a sign of a viral infection.

Hemagglutination is used to determine blood type. Since people with the different blood types have different antigens, getting incompatible blood will cause potentially deadly hemagglutination.

Natural remedies traditionally known as blood movers may help to reduce agglutination and help to thin the blood and make it flow better. They can also increase the oxygen-carrying capacity of the blood. In addition to the natural anti-clotting agents listed above, these remedies may also improve blood flow.

One of the best natural blood movers is liquid chlorophyll. Many people have found that taking liquid chlorophyll increases

Identifying Issues That Disrupt Circulation

Here are some specific circulatory conditions that can lead to blockage of blood circulation and their symptoms. The first is deep vein thrombosis (DVT). This is where a blood clot (thrombus) forms in a deep vein, often in the legs. DVT is often asymptomatic, but symptoms that should alert you to the possibility of this problem include swelling in one or both legs, leg pain, varicose veins, and discoloration of the skin (bluish or reddish areas).

Varicose veins are an indication of chronic venous insufficiency (CVI). This occurs when vascular damage impedes the body's ability to move blood from the legs towards the heart. This causes blood to pool in the legs, where it can cause swelling, pain and, in some cases, leaking fluids causing edema.

Symptoms of CVI include easy bruising, edema, swelling and heaviness (especially in the legs), low-grade inflammation, itching, irritation, and potential ulceration. There may also be palpable nodules due to fibrin accumulation and pressure, and congestion in the abdominal, prostatic and uterine regions. CVI may be an underlying issue in hemorrhoids, uterine fibroids in women and prostate problems in men. It is also related to liver stagnation (see sidebar on page 3).

Other possible signs that your blood flow may need help include spider veins, easy bruising, slow healing of wounds (especially in the arms and legs) chronically cold hands and feet, thick blood from cuts and other injuries, and tingling sensations in the palms of the hands or soles of the feet. Fatigue, a pale complexion, difficulty concentrating, and getting sleepy when sitting could also be associated with poor circulation.

If you have a lot of symptoms of circulatory problems, you should consult a competent health care provider for a proper diagnosis. Once you're confident you know what's happening, you can consider using some of the following natural approaches to improve your circulation.

Preventing Blood Clots

Medical doctors commonly prescribe blood thinners to reduce the risk of clotting. These medications can have serious side effects and dosages must be carefully monitored to ensure the blood isn't thinned to the point of excessive bleeding. Potential side effects of these medications include heavy periods, nosebleeds, bleeding gums, or prolonged bleeding from cuts. These drugs can also cause dizziness, muscle weakness and rashes.

There are some natural options to prevent the formation of blood clots in the circulatory system without these side effects.

blood oxygen levels, lifts energy, thins thick blood, and improves overall health.

Traditional blood moving herbs include ginger, prickly ash, garlic, dong quai (which is also a blood builder), yarrow, turmeric, and capsicum. Homeopathic arnica is also a good blood mover. These remedies can heal bruising, improve blood flow to various parts of the body and reduce swelling. It also helps to stay hydrated so there is plenty of water to keep your blood moving properly.

Toning Veins and Arteries

If you have varicose veins, spider veins, hemorrhoids, and/or bruise easily, you need to tone up the blood vessels to improve venous blood flow. A good place to start is by increasing your intake of vitamin C, bioflavonoids, and proanthocyanins. A good way to do this is the eat a cup of blue or black colored berries (such as blueberries, blackberries, or purple grapes) daily. Also helpful are rose hips, pomegranate juice, and citrus fruits with some of the white pulp (which is rich in bioflavonoids). You can also take a vitamin C supplement that contains bioflavonoids.



Horse chestnut, butcher's broom, gotu kola, and ginkgo are all herbs that help tone the veins and improve venous circulation.

Horse chestnut is especially good for improving venous circulation. It contains a mixture of triterpene glycosides or saponins that are anti-inflammatory, tone the veins, and reduce capillary wall permeability to reduce swelling. It is helpful for varicose veins, peripheral vascular disease, DVT, CVI, edema and heaviness in the legs. It is also useful for hemorrhoids that are due to portal vein obstruction. Horse chestnut may also be helpful for easing sharp shooting pains in the back, reducing pelvic congestion and pain during PMS, and reducing prostate inflammation and swelling.

Butcher's broom is another good choice. It has been demonstrated in clinical studies to control CVI and lymph edema. It contains steroidal saponins that help to tone veins. Ruscogenin, one of the major components, also exerts an anti-inflammatory effect. Due to its vasoconstrictive properties, butcher's broom may help to decrease hemorrhaging and swelling in injured tissue. Butcher's broom can also be helpful for hemorrhoids, spider veins and for preventing blood clots (especially when used with

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Additional Help and Information

For more information about improving blood flow, contact the person who gave you this newsletter. You can also consult the following resources:

Strategies for Health by Steven Horne

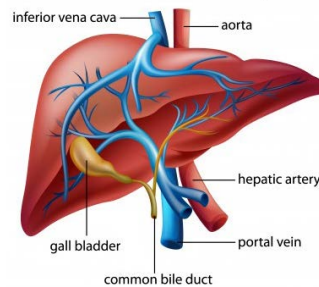
<https://ohmightyhealth.com/blood-moving-herbs/>

<https://naturalon.com/12-herbs-that-will-really-get-your-blood-going/>

<https://draxe.com/health/natural-blood-thinners/>

The Liver and Circulation

In traditional Chinese medicine, the liver is said to “build the blood.” A healthy liver is essential to healthy circulation for several reasons. First, the liver controls blood volume. It also builds components of the blood and helps to regulate blood fats and cholesterol. The liver also plays a large role in venous circulation.



Since the liver receives a large portion of its blood from the venous system, congestion in the liver can cause a build up of congestion in the inferior vena cava (a major vein returning blood to the heart). This, in turn, creates problems in the entire venous circulation in the lower half of the body, which can compromise valve function, cause varicose veins, and increase the risk of thrombosis.

Congested venous circulation in the lower extremities can also contribute to hemorrhoids and edema in the lower half of the body, including both the abdomen and the legs. It may even be a contributing factor in menstrual pain, uterine fibroids, and prostate problems.

Herbalist Michael Moore explains this in his book, *Medicinal Plants of the Desert and Canyon West*.

When the liver is overworked ... its blood vessels enlarge, the fluids move more slowly through it as it tries to increase its working area; it gets enlarged and congested. Blood trying to get in backs up; this is called portal hypertension. The portal vein ... draws blood from the intestinal tract and spleen; if the blood can't get in fast enough, the blood drawn from closer tissues gets in first and the other blood backs up. The farther from the liver, the more the backup. In mild portal hypertension, blood from the colon and pelvis can bypass through smaller veins into the general circulation. As these veins aren't large enough, the returning blood from the legs gets backed up going into them. With all that used junk-blood from the colon going through them, they enlarge, balloon out, and become venosities and varicosities. And so it goes, with pelvic congestion, hemorrhoids, hydroceles, chronic urethritis, enlarged prostate and cervix, eventually [varicose veins].

So, if you have problems with the health of your circulation, you may have a congested liver. Symptoms of liver congestion include nervous energy and difficulty falling asleep at night, waking up feeling groggy and dull, headaches, constipation, eruptive skin diseases, PMS with anger and irritability, and abdominal bloating. There may be a sense of stuffiness or pressure under the right rib cage.

If your experiencing these problems, it may help to take milk thistle, dandelion, and other herbs that support the liver. A **Chinese Wood-Decreasing Formula** containing bupleurum, Chinese peony, cinnamon, and dong quai may be helpful. Another helpful formula would be a **Hepatoprotective Formula** containing vitamin C, choline, N-acetyl cysteine, inositol, milk thistle seed, and dandelion. Eating blue and black berries, as recommended for toning veins is also helpful for the liver.

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800 mg. of vitamin E daily). Ideally, look for a formula that contains both horse chestnut and butcher's broom.

You can also apply remedies topically to reduce varicose veins, heal bruising, and aid wound healing from sluggish circulation. These include the horse chestnut and butcher's broom just mentioned, along with astringents such as white oak bark, barberry, or yarrow. These can be applied in a cream, poultice, or as a compress or fomentation. When diluted in a carrier oil, lemon, lemongrass, and rosemary essential oils can also be applied topically.

Improving Blood Flow

Remedies that enhance the flow of blood will take stress off the veins and help to promote healing. A good remedy to consider here is a blend of hawthorn, capsicum, and garlic. Hawthorn berries contain constituents that increase the pumping force of the heart muscle and boost cardiac output. In short, they reduce resistance to blood flow. They also contain constituents that improve vascular tone.

Capsicum is widely known for its ability to boost blood circulation throughout the body. This is especially useful for those with spider veins, which are essentially tiny capillaries filled with stagnant blood that has leaked from a surrounding vein. Taking cayenne internally helps to dilate (expand) these blood vessels and increase their efficiency, thereby reducing stress on the surrounding capillaries.

Garlic also improves blood flow, moderately reduces blood pressure (reducing risk of thrombosis), and helps to lower blood fats and triglycerides. Garlic also acts as a mild blood thinner.

Lifestyle Tips

Diet and lifestyle play a big role in keeping your blood flowing properly. Here are some specific recommendations for improving circulation, preventing thrombosis, and healing varicose veins and spider veins.

Exercise: When the legs are moving (as in walking), the muscular contractions greatly enhance both venous circulation and blood flow to the brain. Perhaps you've noticed how your head will feel clearer after a walk. So, exercises like walking, jogging, swimming, low-impact aerobics, and using an elliptical machine are helpful for preventing deep vein thrombosis and varicose veins. Leg lifts, knee bends, walking on tiptoes, walking on your heels and stretching your calves can also increase your blood flow while strengthening your leg muscles. If your lifestyle or work environment requires you to sit or stand for long periods, elevate your legs frequently.

However, if you already have varicose veins, experts recommend that you avoid activities such as high-impact aerobics, jogging and strenuous cycling, as they raise the blood pressure in your legs and may cause varicose veins to become more pronounced. Furthermore, while moderate exercise can relieve the symptoms of varicose veins, there is no evidence that it gets rid of them by itself.

Clothing: Clothing that fits tightly around your legs or your groin can impede blood flow. High-heeled shoes also cause problems. It is best to wear tennis shoes or flats because these encourage the use of your calf muscle when walking.

If you have varicose veins, compression stockings can help. These special stockings gently squeeze the legs, helping the blood circulate more efficiently. Compression stockings are available in most pharmacies and medical stores. However, they must be properly fitted to your legs, so ask a pharmacist for help.

Diet: Using spices like capsicum and garlic, and eating more berries are good ways to improve circulation. It also helps to avoid refined carbohydrates and processed vegetable oils. Following the blood type diet may also aid circulation by reducing blood agglutination.