

## OPTIMAL LEG VEIN HEALTH

The following recommendations are part of the treatment plan that we suggest that you adhere to in an effort to maintain optimal leg vein health and reduce the risk of further development of varicose and spider veins.

1. Eat a high fiber diet.
2. Exercise regularly. Regular exercise is an excellent way to improve circulation throughout your entire body. Walking, biking, and swimming are excellent exercises, as well as jogging and aerobics.
3. Avoid sitting or standing in one position for long periods of time.

Do not cross your legs while sitting. This acts like putting a cuff around your legs. It will increase vein pressure and cause leg swelling which can result in the development and further exacerbation of spider and varicose veins.

Elevate your legs when resting, optimally 6 inches above your heart.

4. Wear prescription medical grade compression support hose.
5. Avoid being overweight – maintain proper weight for one's height and frame. Limit your intake of salt.
6. Consume the following nutritional supplements on a daily basis:
  - Vitamin C – 500 – 2000mg per day
  - Vitamin E – 200 – 600 IU per day
  - Zinc – 15 – 30 mg per day
  - Bioflavinoids – 100 – 1000 mg per day

7. Consume the following botanical medicine on a daily basis:

Horse Chestnut Seed Extract – daily dose of 250 mg, taken twice a day with food. (See reverse side for details on Horse Chest Seed Extract).

The above guidelines are all designed to provide you with healthy legs and optimal leg vein circulation. The circulation of blood from the lowest point in your body, the legs, and the back up to the heart is very important job. The good news is that a great deal of it is up to you. The health and beauty of your legs will depend upon the quality and quantity of effort with which you adhere to the above guidelines. Your participation is essential.

You Deserve Great Legs!