



Circulation

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Literature Education Series On Dietary Supplements

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The herbs Butchers Broom, Cayenne, Ginkgo Biloba, and Horse Chestnut are supportive of the circulatory system. The circulatory system carries blood and its life supporting oxygen, nutrients, and hormones to every part of the body. Arteries carry blood away from the heart. Veins return blood to the heart. The circulatory system is highly complex, and can breakdown if problems arise with the blood vessels. There can be a weakness in an artery wall, or the hardening of an artery wall that makes it difficult to absorb increases in blood pressure. Plaque build ups can reduce blood flow, and clots can also form and cause blockages.

Butcher's Broom

Butchers Broom has become very popular in European medicine as a treatment for venous circulatory disorders (especially for those complaining of a heavy sensation in the legs), as well as hemorrhoidal ailments. Butcher's broom tones up a sluggish venous system and reduces capillary fragility. An enzymatic effect reduces pain and swelling. Insufficient circulation to the extremities is reversed. Butcher's Broom is also recognized for its usefulness in treating

hemorrhoids and venous problems involving inflammation. It works enzymatically to rapidly decrease inflammation and pain, and by strengthening the capillaries that feed this area.

Butcher's Broom preparations have become a primary treatment for phlebitis (inflammation of the veins) resulting from insufficient circulation, and are recommended in the treatment of post-thrombotic syndrome, venous circulatory disturbances such as chilblains (a common vasomotor disorder of the extremities), peripheral circulatory edema, varicophlebitis, pregnancy-related varicose veins (e.g., milk leg), varicose ulcers, postoperative venous disorders, and other disorders of peripheral hemodynamics.

Cayenne

Cayenne is the most useful of the systemic stimulants. It stimulates blood flow, strengthening the heart, arteries, capillaries and nerves. As general tonic, it is specific for both circulatory and digestive system. The ingestion of cayenne significantly increases fibrinolysis for a period of 30 minutes following the dose. Being fibrinolytic refers to the ability to split up of fibrin. Fibrin is a filamentous protein involved in the formation of blood clots. Researchers have noted several indigenous peoples, including the New Guineans, East Africans, South African Bantu, Nigerians, Melanesians, Koreans, Indians Mexicans, and Thai enjoy a greater degree of fibrinolytic activity and a correspondingly

lower incidence of thrombosis than do Caucasians, even if they live side by side. This effect has been traced to cayenne ingestion.

Ginkgo

Based on its ability to inhibit platelet aggregation, Ginkgo improves blood flow, particularly in the capillary vessels and end arteries. It has been used with great success for: cerebral vascular insufficiency, cerebral arteriosclerosis, a preventative against strokes, Raynaud's disease, dizziness and memory loss, particularly if due to age, diabetic angiopathy, varicose veins, and intermittent claudication.

Horse Chestnut

This herbal is recommended for conditions associated with weak veins like varicose veins, hemorrhoids and other circulatory problems. It is an excellent remedy for tired, heavy legs and the feeling of pins and needles in the feet and hands.

Ginger Root

Ginger improves the health of the cardiovascular system. Like Ginko, ginger makes platelets less "sticky," that is, inhibits platelet aggregation. This action reduces a major risk factor for atherosclerosis. Ginger does this by raising levels of a substance known as prostacyclin. Prostacyclin inhibits the action of thromboxane, a substance associated with stimulating platelet aggregation.

Bilberry

Bilberry contains anthocyanosides which are very efficient at strengthening capillaries. Owing to their antioxidant capabilities, they protect the capillary from free radical damage, and help build stronger capillaries by stimulating the formation of healthy connective tissue. Anthocyanosides are also associated with the formation of new, healthy capillaries. Large blood vessel tone is also improved in both arteries and veins after exposure to anthocyanosides. Additionally, anthocyanosides have been

shown to reduce platelet aggregation. These combined effects have made anthocyanosides popular in the management of such circulatory conditions as varicose veins, hemorrhoids, and the long-term maintenance of a healthy circulatory system.

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