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## Need some suggestions on low blood circulation

Posted by Lester - 2008/07/30 01:26

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Hi everyone, I have been going more serious relating to my heart problems these days as from few days I have been feeling somewhat uneasy and when I went to the doctor he diagnosed this as low blood circulation. I have been given some suggestions for this by the doc, but would like to know any more things that I should OR should not do to avoid any complications.:(

Any help will be appreciated

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## Re:Need some suggestions on low blood circulation

Posted by Darsy - 2008/07/31 09:39

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I have been on this forums before.....was good info that I got last time. Low blood circulation ? that could that be somewhat related to coronary artery ?.probably I guess not ?otherwise the doctor would have told you. But, anyways I would advice you to be more careful and would like you to search for better health resources (its good that we get most of the answers and sources here) that will help you to know important tips on keeping yourself fit and the pros and cons of the related issues. I would advice you to look at heart health information as I too was a little worried about my high blood pressure but I have got some suggestions to keep that in control from reliable sources B)

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## Re:Need some suggestions on low blood circulation

Posted by Gypsy\_Queen - 2008/08/07 09:58

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I'm not sure if it's related, but when I get low blood pressure from time to time I eat licorice as this raises blood pressure.

There are particular herbs that help with blood circulation, however I can't think of them off-hand.

A qualified naturopath would probably be a good person to seek help.

Gypsy Queen

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## Re:Need some suggestions on low blood circulation

Posted by IdahoPotato - 2008/12/07 06:45

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Both Dr.Caldwell Esselstyn and Dr. John McDougall have had phenomenal results with heart disease patients by reversing blocked arteries through diet alone (Dr. Dean Ornish has as well). You can google them and see if that helps. They promote a low-fat vegan diet. It is not raw, but can be adapted to raw by eating more fruit. On VegSource.com you can see both Dr. McDougall's posting board and Dr. Doug Graham's posting board where Dr. Graham promotes a raw diet called 80/10/10 where you get 80% cal. from carb, 10% from protein and 10% from fat.

Hope that helps.:silly:

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## Re:Need some suggestions on low blood circulation

Posted by wongk222 - 2010/07/08 03:09

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Improving blood circulation

- Calendula known as Calendula Officinalis is an important source to improve blood circulation.
- Tamari Bancha Tea helps in neutralizing acidic blood condition. This tea also enhances blood circulation which in return relieves fatigue.
- Ume-Sho-Bancha with ginger is another source of improving your blood circulation.

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- Ginkgo Biloba also has the ability to improve blood circulation to the brains extremities. It increases the sharpness of the mind, in relation to all the ages.
  - Onion too can improve the blood circulation level, as well as relax the muscles.
  - Hydrotherapy also known as hot and cold shower also works well to improve blood circulation.
  - A simple exercise like walking, which anyone can do is one of the easiest ways to increase blood circulation level.
  - Exercising also increases blood circulation which helps the muscles and other tissues.
  - One can heighten the poor blood circulation problem by infusing rosemary leaves or flowers with red wine.
  - Damiana, Turnera Afrodisiaca is known for it aphrodisiac and mood elevating qualities. It also happens to improve and enhance our blood circulation. The improved blood circulation helps in governing the hormone production as well as fights mild depression, sexual disinterest and menstrual problems.
  - Massaging, as many of us tend to perceive is an act of relaxation, but it is more than that. The touch of hands and legs in appropriate places calms your muscles and joints, relieves stress as well as improves blood circulation which helps the body in many ways.
  - Reetha is rich in iron, phosphorous and vitamin A, making it very useful for your hair due to these properties. Soak reetha overnight to make a paste. Apply this on your hair and keep it for an hour. It induces new life in your hair due to improve blood circulation in the scalp.
  - Cayenne, Ginger, Garlic and Ginkgo are some of the best defenses against poor blood circulation. Tincture from these is easily absorbed by the body which helps in reducing cholesterol level, cleansing the blood, preventing heart disease and also fights atherosclerosis.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer. lojas suplementos

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## Re:Need some suggestions on low blood circulation

Posted by Devi - 2010/12/17 14:06

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Low blood circulation means lack of proper amount of blood in human body. One who is suffering from this kind of problems then they should increase intake of fresh fruits, juice, energy drink like Ionic Silver which help RBC (red blood cells) to multiply.

Exercises, nutritional diet are basic need for them.

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