



Improve Blood Circulation

Nine Ways to Improve Blood Circulation Include these activities in your daily life.

1. Exercise. Regular exercise boosts circulation. Take a walk. Ride a bike. Run. Swim. Any fun activity will do.

2. Get a Massage. Massage improves circulation by stimulating



blood flow. It can also release toxins in the body, boosting blood flow. Many insurance plans cover massages. Check with your insurance provider or your Primary Care Physician to see if your massages can be covered.

3. Stretch. Sitting too long slows down your body's circulation. Stand up and walk around about once an hour.



Try arm circles. Bend over and touch your toes. Go for a short walk. While sitting you can also practice lifting

your knees up and down in a marching pattern or doing chair yoga.

4. Eat Healthy Foods to Improve Your Circulation.

Focus on fruits, vegetables, whole grains, lean proteins and healthy fats. Reduce processed foods, sugar, salt,



or artery clogging trans fats to help improve your circulation.

5. Elevate Your Legs. When seated, use a pillow to elevate your legs. You can increase your circulation, reduce strain on your lower back and relax at the same time.

6. Drink Water. Stay hydrated during the day. Drinking water helps boost oxygen levels in your blood



leading to better circulation, allowing your organs to function at optimal levels.

7. Practice Hydrotherapy. Inhale steam from a hot bath or shower. It helps open nasal passages for better oxygen flow.

8. Avoid Smoking. Smoking leads to a long list of health problems. It's a leading cause of circulatory conditions.

9. Use Hot and Cold Treatment.

To stimulate blood flow, alternate between cold and warm temperatures. Apply heat with a hot

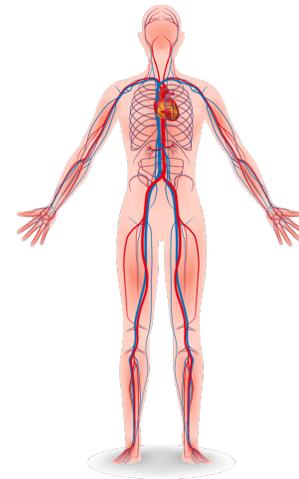


pack or warm washcloth. Hold for about 30 seconds. Switch to cold. Repeat.

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Causes of Poor Circulation

Here are six health concerns that can affect your circulation.



1. Peripheral Artery Disease.

Peripheral artery disease (PAD)

can lead to poor circulation in your extremities. PAD is a circulatory condition that causes narrowing of the blood vessels and arteries, leading to pain. If left untreated, reduced blood flow and plaque in your carotid arteries can lead to stroke. If plaque builds up in the arteries in your heart, you are at an increased risk of having a heart attack. PAD mostly affects those over 50, but it can also occur in younger people. Those who smoke and who have diabetes are at a higher risk for developing PAD early in life.

2. Blood Clots. Blood clots

block the flow of blood, either partially or entirely. They can develop almost anywhere in your body. Blood clots in your arms or legs can lead to circulatory problems.

3. Varicose Veins.

Varicose veins are enlarged, twisted and often swollen veins caused by decreased function in our valves. Varicose veins can often be found on the back of the legs. Damaged veins can't efficiently move blood, which can lead to swelling and poor circulation. Talk to your primary care physician about risks associated with varicose veins, if you have concerns. Genetics largely determine whether someone develops varicose veins. If your family members have varicose veins, you are more likely to have varicose veins as are women and those who are overweight or obese.

4. Diabetes. You may think diabetes only affects your blood sugar, but it can also cause poor circulation. This includes swelling, cramping in your legs, as well as pain in your calves, thighs, or buttocks. Diabetes can also cause heart and blood vessel problems. People with

diabetes are at an increased risk for narrowing of the arteries due to plaque build up, high blood pressure, and heart disease.

5. Obesity. If you're overweight, and your job requires you to sit or stand for long hours, you may develop circulation problems. Keeping your body at a healthy weight can alleviate circulation issues caused by obesity.

6. Raynaud's Disease. People whose hands and feet are often cold may have Raynaud's disease. It narrows smaller arteries and blood vessels in hands and toes. Narrowed arteries are less capable of moving blood through your body, so poor circulation develops. Symptoms of Raynaud's disease often occur when you're in cold temperatures or feeling unusually stressed.

Think You Might Have Poor Circulation? Take This Self-Assessment Quiz:

- Are my toes red, purple, blue or much whiter than the rest of my feet?
- Do I have unexplained hair loss on my legs and feet?
- Are my feet and hands often excessively cool?
- Do my feet "fall asleep" easily?
- Do my feet feel better if I hang them over the edge of my bed?

If you answered "yes" to any of these questions, you might have poor circulation.

Time to see your Primary Care Physician.

Source: <https://www.healthline.com/health/numbness-of-foot#causes>