

IMPROVE YOUR CIRCULATION

What is Circulation?

Circulation is the system in the body which moves nutrients, gases and waste products to and from the cells in your body. There are two types of fluids that circulate these products inside the body. The continual flow of blood throughout the body is known as the cardiovascular system. The continual flow of Lymph through lymph vessels and lymph nodes is known as the lymphatic system. Together they make up the circulation system.

Blood flows into the heart, is delivered to the lungs for oxygenation, returns to the heart, and then is sent through branching arteries to reach all of the microscopic vessels within the body. The blood then returns via the veins and enters the heart again. This movement is necessary to maintain the proper supply of oxygen from the lungs, nutrients to the tissues and the distribution of hormones.

Blood contained in the vessels of an adult, at rest, complete the circuit in about a minute. The blood circulates approximately 1500 times a day. This increases during exercise in fit young people briefly and even more in elite endurance athletes. The quantity of blood flowing through each organ or region is regulated according to its own physiological requirement.

The Lymphatic system is a major part of the body's immune system.

History

The concept of blood circulation is attributed to William Harvey. He presented evidence that the blood flowed in arteries, out from the heart, then to the tissues and back along the veins. Harvey based his conclusions on a number of experiments that he conducted and then demonstrated to colleagues. One of his experiments was on an arm that he let hang by the side squeezing the upper arm so the veins stood out. He used a finger to press on the vein and held it there. He used another finger to press just above the first and moved along the vein to release the blood toward the heart then released it. He found that the vein couldn't be filled from the heart even when pressure had been applied. This theory challenged the teachings of Galen in the second century AD who believed that blood passed on the right to the left side.

Circulation

About 15% of the resting blood flow and circulation supply the brain. This flow is vital to brain functions. The brain cannot withstand more than a few seconds of interruption of flow without loss of consciousness. Longer interruption can cause irreversible damage.

Brain blood flow is constant, although regional changes occur in response to changes in neuronal activity. As an example, shining a light in the eye will result in an increase in blood flow to the region of the brain that cares for vision.

Due to gravity, blood pressure in the brain is lower than anywhere else. The brain blood flow is determined by the diameter of blood vessels which in turn are controlled by a system of nerves. During exercise, muscles produce several chemicals which are end products of its metabolic activity. This activity dilates vessels and regulates blood flow so it is appropriate for the level of activity for the individual.

The coronary arteries supply blood to the heart muscle. The heart removes nearly all the oxygen from the coronary blood at rest. The nerves supplying the coronary vessels do not dilate these vessels during work (exercise) but provide more oxygen to the heart by increasing the circulation through the vessel. If there is blockage in the coronary artery, there is coronary insufficiency and heart pain occurs.

Blood flow to the skin controls temperature regulation. If your body temperature rises, skin vessels dilate to increase skin blood flow and circulation increasing skin temperature and facilitating cooling. Skin blood flow is controlled by nerves and direct local temperature effects. During very cold conditions blood flow to the entire skin is almost completely cut off. During extreme heat, flow may increase to the extent that most of the output of the heart flows to the skin to help cool the body.

If your circulation is poor, your body could experience all sorts of pain and discomfort as time progresses. Thankfully there are many things you can do to try and help ease this suffering. Circulation problems and disorders are common in middle-aged people and older, but they can happen to anyone. Here are some of the issues that may happen as a result of poor circulation:

Hypertension is caused by cholesterol and plaque deposits along the walls of your arteries which make them harden. Blood has to exert extra force against the walls of blood vessels which will cause your blood pressure to rise.

Varicose veins are the result of poor circulation. These veins develop because of elasticity loss within the walls of the veins. Circulation problems may happen because of having a bad diet, lack of exercise and high stress.

Arteries can harden as a result of the narrowing of the blood vessels. Those who smoke can also have an inflammation of the veins in the lower portion of their body. Over time this causes cracks and bleeding to occur within the circulatory system, especially in the stressful areas around the heart, in the bends of arteries and in the neck and legs.

A breakdown of the cells that make up the lining of veins and arteries can cause heart disease. As the damage occurs, your liver begins to mass-produce cholesterol to stop up the holes. If the body doesn't receive the nutrients necessary to repair the damage, the blockage continually gets bigger and will eventually cause a heart attack

Symptoms

Here is a list of symptoms associated with poor blood circulation.

Tingling, burning and numbness in the feet or hands. This could also show symptoms by no feeling at all in the feet or hands.

- ✓ Low energy
- ✓ Irregular heart beats
- ✓ Shortness of breath
- ✓ Memory problems
- ✓ Lack of stamina or ability to complete a task

Effects of Poor Blood Circulation

Poor blood circulation is one of many disorders experienced by an ever-increasing number of citizens. Poor blood circulation can contribute to the following:

- ✓ Arthritis
- ✓ High LDL cholesterol
- ✓ Diabetes
- ✓ High blood pressure
- ✓ Chest pain
- ✓ Heart Disease
- ✓ Relief

When circulation problems occur, arthritis, back pain, hernia, heartburn and insomnia symptoms may increase. There are a number of things that you can do to help your circulation difficulties. Poor or bad circulation does not have to ruin your life.

Hot and Cold Treatments

Hot showers and cold showers can also improve your circulation. It's something that you can do fairly easily and do every day, concentrating on the area that is causing you the most issues or pain. A hot shower allows the blood to rush to that area and circulate. After that, run the cold water on the same area. This will send the blood circulating into the body. It may give you a sensation when your blood flushes out your skin. Your circulation may improve just by this simple action. You can repeat the hot and cold water as often as you like but build up to extremely hot or extremely cold water over a few weeks so it's not painful or a shock to your system. Hot and cold water therapy can really help improve your circulation and over time you can see a great deal of improvement in your pain.

Mattress

Your mattress may also be a contributor to poor circulation. Flat lifeless beds can cause pressure points cause pain to certain areas of your body. You may need to continually move during the night to stay comfortable.

There are number of beds to choose from such as adjustable, and memory foam mattresses. There are even some beds that can treat burn victims. Buying a new mattress may help assist you. Some conditions such as hypertension, circulation problems, ulcers, or congestive heart failure, can be relieved to some degree.

People with asthma, acid reflux disorder, heart failure, or chronic lung disease need to elevate the head of the bed. It is best to ask your physician what will be best for your specific situation. Sleeping surfaces may make a difference in people with sleep disorders, such as sleep apnea, snoring, or insomnia because they are very sensitive to distractions.

Heat and massage are some of the possibilities when it comes to new mattress. Some mattress give relief from symptoms of low back pain, poor local blood circulation of the legs, edema or swelling of the legs, minor pains caused by muscular fatigue, nighttime heartburn, and tension. Anytime you add heat or vibration to your your body, it does affect circulation.

Some people love to have a hard mattress and can be comfortable anywhere, like in a chair or on the floor. Most times, after laying on these types of surfaces, you awake feeling beat up and battered. There is no truth to harder mattresses are better. Sometimes you need added support and relief from pressures. Firm rather than soft is generally better for people with disc pathology or arthritis. A standard mattress will provide the best sleep for you. People with cervical arthritis should avoid using a lot of pillows.

Memory foam mattresses are the best for anyone with back pain or osteoarthritis. Memory foam remembers the contours of your body and the foam itself is made of heat and pressure sensitive material that will respond to your body temperature. Memory foam mattress conforms to your body with almost perfect pressure, weight distribution, and support creating a weightless sleep.

There are a number of manufacturers that make memory foam mattresses or top conventional mattresses with a layer of it which helps the mattresses price drop.

Air mattresses absorb rather than resist pressure to provide a sleeping surface that accepts your body contours and distributes the pressure evenly. Sleep Number beds enable two people to adjust firmness on their side of the bed. Sleeping on air does offer great support. If you can adjust the firmness in your mattress, you can get a great night's sleep.

When you decide to purchase a new mattress, try as many mattresses as possible. Take your favorite pillow with you. Allow yourself to spend time lying on the mattress. Wear comfortable cloths, take your shoes off, and ask the sales people to give you some time. Take your bed partner, it's best to do this together. This will help you determine how your body feels. Is the mattress comfortable? Does your body heat leave or is it elevated? Does give you support, but needs a bit of cushioning? You may want to add a mattress foam topper, feather bed to the mattress, or you may want to try a mattress with a memory foam topper.

A mattress is the right choice when it feels right to you, and you alone. Every person has their own preference.

Herbs

Cayenne Pepper can be a great way to address a circulation problem. Cayenne is of the species Capsicum, which has been used as a stimulant, digestive, and antiseptic medicine throughout time. Cayenne can be used externally for people with poor circulation. Capsicum based creams and oils can be rubbed onto the skin to help with circulation. Be sure to avoid getting the herb in your eyes or any of sensitive area of your body.

If taken internally, cayenne can stimulate the heart. It can regulate the blood flow and help to strengthen your arteries. If you take a cayenne tincture, you will get your blood pumping and strengthen your heart and circulation. Research also shows that hot herbs such as cayenne can increase your metabolic rate as much as 25 percent which can also assist you with weight loss.

Ginkgo Biloba is a circulation booster. It is widely known for the ability to improve memory. It improves memory by increasing blood flow through the brain. Similar to cayenne, Ginkgo Biloba improves blood flow and strengthens blood vessels. Ginkgo Biloba is also anti-inflammatory herb. It relaxes the lungs, improves blood circulation to the heart and lessens demand for oxygen. This helps to reduce shortness of breath which is helpful with asthma symptoms. Ginkgo Biloba can be used to treat poor circulation, thrombosis, varicose veins, cramp, and any spontaneous bruising that you may have.

A regular intake of Garlic may lower the cholesterol levels in your blood. Garlic is thought to help cleanse your blood. Garlic may also help reduce high blood pressure.

Ginger stimulates all tissues of the body. It is great for poor circulation problems. Ginger, Garlic, Ginkgo Biloba and Cayenne in a tincture can be easily and quickly absorbed by the body.

Onions can increase blood circulation. Onions are a close relative to Garlic. An onion can also relax muscles. Some people eat an onion daily if they are in the risk category for heart disease and circulation problems.

Acupuncture

According to acupuncturists, poor circulation usually results from an energy blockage related to the heart meridian, so treatment would concentrate on this meridian. A course of six to eight sessions of acupuncture are recommended to improve circulation in the affected area.

Homeopathy

There are many common homeopathy remedies for poor circulation

Hamamelis

For Varicose veins which appear during pregnancy Pulsatilla is recommended.

For Arteriosclerosis in an elderly person also suffering from high blood pressure Baryta carb is recommended.

Summary

Circulation is very important to the overall health of your body. Your circulation affects all portions of your body. Left untreated, poor circulation may result in high blood pressure, heart disease and decreased gland functions.

There are many ways to try and improve poor circulation.

Water treatments such as hot and cold water pressure on the afflicted area can immediately improve your circulation. Be careful to not use extreme temperatures when using this therapy.

Your mattress may also be the cause of the aches and pains. You should find out as much as you can about how beds and mattress may be affecting your body. Back pain may be associated with old or improper choice in a mattress. Your bed should support your back properly while you sleep at night. Hard mattresses or beds are not always the way to go. Just because they are harder, it does not mean they are supporting you. Make sure you try out mattresses in as similar a situation to your night time routine as possible. Find out how each mattress works and what the benefits are, so you can help your situation while you are sleeping at night.

Everyday herbs may also help you with poor circulation problems. Ginger, Garlic, Ginkgo Biloba, Onion and Cayenne taken internally or externally may treat various circulation problems. In addition, you can try some of the homeopathic medications to help with poor circulations. Acupuncture is also a possibility to help with circulatory issues.

These are some options to help combat poor circulation. Don't procrastinate any longer, start today.