

Natural Alternative Treatment VARICOSE VEINS

Varicose veins - the condition of having abnormally dilated or swollen veins, especially in the legs. Increased pressure from the expanding abdomen and other factors can lead to pooling of fluid in the legs, a condition called venous insufficiency (closely related to varicose veins). Venous insufficiency/varicose veins occur outside pregnancy as well, and a wide variety of natural treatments have shown promise in their treatment, including buckwheat, butcher's broom, citrus bioflavonoids, gotu kola, horse chestnut, OPCs, and red vine leaf. These are discussed in the Venous Insufficiency article.

Only one natural treatment, oxerutins, has been studied in a double-blind trial enrolling pregnant women with venous insufficiency.¹ In this study of 69 women, researchers found oxerutins more effective than placebo.

- Copper - 2 tsp. PM
- Zinc - 1 tsp. AM
- Vitamin B6 - 30 to 100mg daily
- Vitamin B-complex - As directed
- Vitamin C + bioflavonoids - 2000mg throughout the day
- Vitamin E - at least 400IU daily
- Increase fruit intake (eat the some of the white part of the citrus)
- Red Vine leaf (Grape leaf)
- Butchers Broom
- Bilberry
- Horse Chestnut
- Pysillium seed husk or metamusil
- Witch Hazel soaked cloths
- ginkgo biloba
- Vinovil (Oxerutins + OPC)
- Vit. K Cream to rub on legs

Put half of one squeezed lemon into a half cup of water 10-15 minutes before meals to stimulate gastric juices. 85% of people over age 50 lack stomach acid (hydrochloric acid).

Hemorrhoids

Hemorrhoids are actually varicose veins in or around the anus. Oxerutins and citrus bioflavonoids have been studied for hemorrhoids during pregnancy.

A double-blind study enrolling 97 pregnant women found oxerutins (1,000 mg daily) significantly better than placebo at reducing the pain, bleeding, and inflammation of hemorrhoids.¹³ Evidence for citrus bioflavonoids is limited to one open trial.¹² Other natural treatments for varicose veins are often recommended for hemorrhoids as well, although research on their use for this condition in pregnancy is lacking.

Oxerutins are a group of chemicals derived from a naturally occurring bioflavonoid called rutin.

This supplement has been widely used in Europe since the mid-1960s, as a treatment for conditions in which blood or lymph vessels leak fluid. Considerable evidence suggests that oxerutins are effective, but, unfortunately, it is difficult to find this supplement in North America.

Requirements/Sources

Although they are closely related to a natural flavonoid, oxerutins are not found in food. The only way to take them is in a supplement.

Therapeutic Dosages

For varicose veins/venous insufficiency, oxerutins are usually taken in dosages ranging from 900 milligrams (mg) to 1,200 mg daily. A typical schedule is 1,000 mg daily, taken in two separate doses of 500 mg.

For treating lymphedema and postsurgical edema, a typical dosage is a good deal higher: 3,000 mg daily.

One particular oxerutin called troxerutin may be taken alone as a treatment for varicose veins, in similar dosages. There is no evidence as yet that rutin itself is effective.

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