

# 5 Best Natural Remedies For Varicose Veins Treatment

Varicose veins is the experiencing of sudden pain in the legs which is caused due to the underlying issue of swollen and enlarged veins. According to **vein treatment Texas** around 20 per cent of the adult population of the world experience the pain of varicose veins once in their life. The issue of varicose veins occurs when the valves do not work properly and fail in the proper transfusion of the blood. The problem of varicose veins leads to swelling, aching and painful legs.

The discomfort aroused due to varicose veins requires treatment. People suffering from the issue often wonder [how to get rid of varicose veins](#). The problem of varicose veins can be treated through surgery, sclerotherapy and laser treatment. However, not all patients suffering from varicose veins experience the same level of pain. The cases of bearable varicose veins can be treated easily with home remedies.



In this article, we have brought a list of **the best way for varicose vein treatment** at home. Scroll down to know more.

## **5 Ways Of Treating Varicose Veins At Home**

Do you suffer from the issues of varicose veins? Seeking for cost-effective ways to treat varicose veins? According to **Houston vein clinic**, the best way for treating varicose veins in the initial phase is with home remedies. So here is a list of some affordable home remedies that serve as **the best solution for varicose veins**.

### **1. Balanced Diet**

Health experts have found that the underlying cause for varicose veins is the lack of intake of a balanced diet. A diet high on the sodium content can cause water retention which causes a

hindrance in the regular flow of blood that leads to varicose veins. The **best way to remove varicose veins** is by intake of a diet that is rich in the potassium content which helps in reducing water retention. Also one needs to intake an adequate amount of fibre as lack of it can impact the bowel movement which damages the valves thus leading to varicose veins.



## 2. Exercise

[Top vein specialists Houston](#) have stated that regular exercise improves the blood circulation in the legs. Lowered blood pressure prove to be a contributing factor of varicose veins occurrence. It has been found that low impact exercise like yoga, swimming, walking aid in the proper functioning of the calf muscles.

## 3. Compression stockings

Over counter compression stockings are designed in a manner to provide relief to varicose muscle pain. The stockings apply pressure to the legs and this, in turn, aids in proper circulation of the blood in the muscles and veins thus bringing relief to the pain.

## 4. Herbal cure

Nature always has a cure to man's suffering and when it comes to pain remedy the herbal cure proves to be an efficient way. Grape seed extract which is known for reducing swellings in leg serves as the **best treatment for varicose veins**.

## 5. Massage

One of the most efficient ways of treating varicose veins is with a massage. The massages helps in ensuring the smooth movement of the blood through the veins.

So these were a few **best way to remove varicose veins**. For more information on pain relief techniques for varicose veins visit [veintreatmenttx.com](http://veintreatmenttx.com).