

## *What Diet Is Recommended By The Vein Specialist For Venous Insufficiency?*



Varicose veins develop when the veins' size becomes bigger and stretched. Usually, they develop when the valves inside veins cause you pain and discomfort. In this case, the valves of the veins become unable to flow the blood backward to the heart. Sometimes these twisted and swollen veins become very visible known as varicose veins. Varicose veins are noticeable because of their appearance of dark blue and purple color, bulging out from below the skin. Often they don't cause any pain or discomfort. But if they cause you discomfort or irritation, you can try home remedies to manage and ease the symptoms of varicose veins. Moreover, you can visit [veins clinicli](https://www.veinsclinicli.com).

### **1. Exercise**

For getting better blood circulation in the legs, you should exercise daily as it will help to push along the blood that has been stored in the veins. Exercise also helps to relieve a person from high blood pressure. A [vein specialist](#) may recommend some of the exercises that help improve blood circulation like swimming, walking, cycling, and yoga.

### **2. Dietary modifications**

Vein specialists suggest that patients should reduce the intake of salty or sodium-rich foods because such types of foods cause the body to hold water. So, if you minimize salt intake, you can reduce water retention as well. Persons should intake potassium-rich food to reduce water retention.

- Potassium Rich Foods:
- Leafy green vegetables.
- White beans and lentils
- Potatoes.
- Certain species of fish like salmon and tuna.
- Fibrous food such as nuts, seeds, and legumes, oats, wheat, and flaxseed help to keep you away from constipation.
- Whole grains Food.

Other than that if you are still experiencing the symptoms of varicose veins, you may take **vein treatment near me**.



### **3. Pick more flavonoids**

Persons having varicose veins should contain Flavonoids in their diet as they help a person to shrink their varicose veins. Flavonoids improve blood flow in the body because better blood circulation leads to less possibility of blood pooling in the veins. Also, they help to minimize blood pressure in the blood vessels and let them relax which helps to ease the symptoms of varicose veins. Flavonoids are found in the food items such as vegetables like onions, bell peppers, spinach, and broccoli, and citrus fruits including grapes, cherries, apples, and blueberries, etc.

### **4. Plant essences**

According to research, the horse chestnut may help to minimize leg pain, heaviness, and irritation that are the main causes of varicose veins. If a person is taking blood-thinning medicines, they should avoid grape seed extract as a dietary supplement. As it can react with the medicines and put you at the risk of bleeding.

### **5. Herbal cures**

According to the health experts, if a person takes grape seed extract orally it may help to reduce swelling in the lower legs and other symptoms of chronic insufficiency.

### **6. Compression stockings**

Compression stockings are easily available in most pharmacies. These stockings are beneficial for applying pressure to the legs that help improve blood circulation to the heart.

According to a study, It has been found that persons who use knee-high stockings with a pressure of eighteen to twenty-one mmHg for a week to get effective results in the depletion of pain and itching that occurred during varicose veins.

Furthermore, you should not sit with crossed legs as it can obstruct blood flow to the legs and feet. If you are experiencing soreness in the legs with pain you should consult a vein doctor to take [vein treatment near me li](#).