

## **BLOOD FLOW**

Looking to stay extra warm this winter? We all know that keeping your head and feet properly covered maintains our internal temperature, but what about when we feel like we just can't seem to warm up, get our blood flow moving, or have a circulatory disorder that's hindering our winter extracurriculars?

### **Symptoms of Poor Circulation**

Symptoms of poor blood flow are easy to spot and often include having cold extremities, headaches, dizziness, or muscle cramps. The area that is easiest to spot are in the arms and legs because these are the areas that blood collects but due to poor circulation, isn't able to properly make its way back to the heart which leads to the cold, numb and tingling sensation.

There are many ways to help aid in your circulatory blood flow including Acupuncture, changing your diet, and herbal remedies.

Acupuncture can be helpful to increase local blood circulation because it raises levels of nitric oxide around the area that the needles are entered, thus enhancing peripheral blood flow as shown in a study from the Journal Anesthesia and Analgesia. Not only does it help with blood flow, it can help with abnormalities of circulation with disorders such as Raynaud's, high blood pressure, and hypertension.

### **Acupuncture and Circulation**

There are multiple ways to help your circulation such as controlling your diet, adding fitness into your daily routines such as yoga poses, and even acupuncture treatments with specific points.

The point ST36 functions to regulate qi and blood flow, order the stomach and spleen and strengthen weak and deficient conditions. It is located in the lower leg and is great for combatting gastrointestinal pain, mastitis, abscessed breast, asthma, exhaustion, abdominal distention, diarrhea or constipation, indigestion, hemiplegia, neurasthenia, and mania.

### **Increase Blood Flow with These Foods**

When it comes to what is being put into your body, Watermelon and Oranges are two fruits that are helpful in increasing blood flow and circulation in your body. Watermelon contains high amounts of lycopene, which is commonly taken to improve circulation and prevent heart disease. Oranges are also consumed for similar reasons; they are high in vitamin C and are a natural blood thinner and also strengthens capillary walls. Both of these fruits can be helpful in aiding fruitful circulation.

If you have already taken to acupuncture treatment there are some herbal remedies that you can use to help circulate your blood flow such as Cayenne, Butcher's Broom, Green Tea and Hawthorn Berry. You can use any of these herbs in the form of capsules, tea, or liquid supplements. Keep in mind that liquid tinctures absorb much faster than consuming them as a tea or capsule.

<https://www.fishertitus.org/health/foods-that-improve-circulation>

[https://www.healthcmi.com/Acupuncture-Continuing-Education-News/1441-acupuncture-re-improves-circulation?fbclid=IwAR3ez6\\_GPJHp1H\\_b-utc\\_dBDvquVbl67xYV5-Ot3hDnIUjSey9t0I1Ud9Ck](https://www.healthcmi.com/Acupuncture-Continuing-Education-News/1441-acupuncture-re-improves-circulation?fbclid=IwAR3ez6_GPJHp1H_b-utc_dBDvquVbl67xYV5-Ot3hDnIUjSey9t0I1Ud9Ck)

<https://www.khromaherbs.com/blogs/news/herbs-to-improve-circulation>