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THE BLOOD CIRCULATION SYSTEM (cardiovascular system) delivers nutrients and oxygen to all cells in the body. There are two circulatory systems that are connected. The **systemic circulation** provides organs, tissues, and cells with blood so that they get oxygen and other vital substances. The **pulmonary circulation** is where the fresh oxygen we breathe in enters the blood. At the same time, carbon dioxide is released from the blood.

**PROPER CIRCULATION is key to maintaining optimal health,
allowing every organ to function properly.**

Signs of poor circulation:

-  Muscles that hurt or feel weak when you walk.
-  A "pins and needles" sensation on your skin.
-  Pale or blue skin color.
-  Cold fingers or toes.
-  Numbness.
-  Chest pain.
-  Swelling.
-  Veins that bulge.













Circulation System Diseases:

-  High blood pressure
-  Heart attacks
-  Strokes
-  Aneurism etc.



WHY POOR CIRCULATION?

Plaque buildup, blood clots, thick blood or narrowed blood vessels can lead to poor circulation. (It is difficult to get porridge through a hosepipe)

MODIFIABLE RISK FACTORS are factors that can be controlled, changed, or treated with lifestyle changes.

-  Lack of exercise
-  Being overweight
-  Smoking
-  Overuse of alcohol, sugar, refined grains, vegetable oil, saturated/ trans fats (fast food) and processed food.
-  high levels of stress
-  poor diet
-  heavy metal toxicity
-  Electromagnetic pollution
-  Compromised GUT health
-  Acidic body PH
-  Fatty liver
-  Kidney problems

Supplements

-  **B COMPLEX**, especially B3(reduces inflammation and bad cholesterol)
-  **MAGNESIUM** is referred to as a natural blood thinning agent due to its ability to reduce blood pressure, decrease inflammation, lower platelet aggregation etc.

- 🌿 **Vit C** prevents blood clots, lower inflammation, improve circulation and much more.
- 🌿 **OMEGA 3** fatty acids reduce inflammation, prevent blood from clotting, help reduce plaque in the heart's arteries and decrease atherosclerosis.
- 🌿 **HERBS** like Hawthorn, Ginkgo biloba, Cayenne, Parsley etc.

TIPS for circulatory health

- 🌿 **EXERCISE:** Cardiovascular exercise (any activity that increases heart rate and respiration and raises oxygen and blood flow throughout the body) is beneficial for your health, especially the circulatory system.
- 🌿 Maintain a healthy diet.
- 🌿 **EAT** real food in its natural form.
- 🌿 Do research on fasting. **Eat less.**
- 🌿 **Eat more fiber and fermented food.**
- 🌿 Use slow cooking in water in place of air frying, roasting and grilling (dry/high heat causes AGEs that exacerbates inflammation).
- 🌿 Eat enough protein (essential amino acids) and good fats (essential fatty acids)
- 🌿 **Drink WATER** to support kidney health and control blood pressure.
- 🌿 Use relaxation and self-care to reduce stress.

Do research (Patrick Holford Homocysteine) and test your HOMOCYSTEINE!

- 🌿 HIGH levels of homocysteine in the blood can damage the lining of the arteries. It may also make the blood clot more easily than it should.
- 🌿 If your homocysteine levels are high, you are deficient in B12, B6, zinc or folic acid.
- 🌿 Vit C and E also lowers Homocysteine.

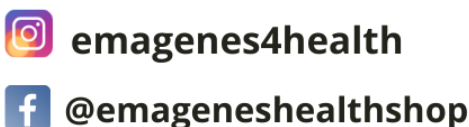
The aforementioned information is on a physical level and it's very important. However, remember that we are spiritual beings and what we feel and think, greatly affects our physical health.

Addictions are a sign that we don't feel well. We need something to make us feel better, calmer, more energetic, less anxious, less miserable, etc.

We need to do the "inner work" that brings sustainable change and that reflects the fruit of our change/shift/healing.

Take care of your Body, Mind & Soul - you are worth it!

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Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.