

## Natural Health Workout Helping Reduce Varicose and Spider Veins

80 million people around the world – mostly women – have varicose and spider veins. Usually, they are inherited, but they can be made much worse by standing. Which means they can be made better by lying down – and better again by exercising while lying down!

The job of veins is to return blood to the heart. That is hard to do when the legs are always downhill. You can allow gravity to be on your side by elevating them, - reving up blood flow, and decreasing pressure in the veins. Blood circulates more effeciently and varicose veins improve. If you get really motivated, you can even do a headstand!



### **Circulation Boosting Bicycle:**

On your back with hands at sides, lift legs off the floor and pedal them as if riding a bicycle, as shown. Raise legs higher to increase circulation; lower them to work abs and tone waistline. Pedal continuously for 2 minutes.



### **Swell-Reducing Scissors:**

On your back with hands under buttocks, tuck knees to chest and then, pressing spine to the floor, extend your legs up until they're perpendicular to the floor. Hold for 10 seconds, then slowly cross your right ankle over left, as shown. Uncross and reverse legs. Do 3 sets of 8.

# MARTIN'S *Rejuvenation* CENTRE



## **Vein-Erasing Rotations:**

On your back with hands under buttocks, tuck knees to chest and then extend legs straight up. With spine pressed to the floor, slowly lower legs as far as you can, as shown, and circle legs clockwise on one turn, then counter clockwise. Do 3 sets of 8.