



Varicose Veins

- These occur due to the increase in fluid plus valves that cannot close completely, so that more blood stays in the vein than normal. As baby grows in the uterus there is more pressure placed on the circulation in the pelvis and legs.
- Blood clots are a possibility...so avoiding shepherd's purse tincture is a good idea
- Some of the treatment ideas include:
 - Light exercise such as walking and swimming to help circulation (baths are good too due to the pressure of the water)
 - Nettle infusion: 1-2 cups every day
 - Using a belly band or other pregnancy support around the belly
 - Vitamin C with bioflavonoids 500mg every day
 - Vitamin E 400IU daily
 - Avoiding increased pressure in your body (such as with lifting heavy items or straining with constipation)
 - Wearing supportive stockings can help, but it is ideal to wear the kind that goes all the way up to the hips. It may be helpful to continue wearing early postpartum as well.
 - Getting your legs up above level of your heart a couple times a day (resting with legs propped up, 15-20 minutes at a time).
 - Avoiding standing for long periods if you can. If you need to stand a lot make sure to take breaks.
- Resource: Holistic Midwifery Volume 1 by Anne Frye, CPM