

Varicose Veins

A twisted, widened vein with incompetent valves.

Possible Causes and Contributing Factors:

- Diet high in fatty and refined foods/low in fiber
- Obesity
- Inactivity
- Liver disease
- Hormone imbalance
- Nutritional deficiencies

Suggested Dietary Changes:

- High fiber/low fat diet – vegetables, fruits, whole grains

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.