

Global Care Pill and Venous Deficiency

By Dr. Van Snick

Venous deficiency is characterized by poor venous return, resulting in venous stasis in the legs.

The main symptom is a feeling of heaviness in the legs.

The *primum movens* is an incompetence often hereditary of the venous valves, under the effect of overpressure, the venous walls are subject to inflammation with progressive extravasation of the lymph. This stasis dilates the capillaries, causing the varicosity and causes an aspect of reticular veins and then real varicose veins. Some activities increase stasis, such as too hot baths, prolonged standing positions, exposure of legs to sunlight, violent sports (tennis, jogging, horse riding, athletics, et.), pregnancy, hormones ...

Few substances act on different factors of venous insufficiency.

Our product the Global Care Pill combines several plants and dietary supplements which acting on the whole chain of this problem.

The Turmeric Longa presents a very clear anti-inflammatory action, used for millennia; it inhibits the enzymes involved in the inflammatory cycle by opposing the action of arachidonic acid, prostaglandin E2 and leukotriene. It also enhances the anti-inflammatory effect of cortisol on the walls. It is also an antioxidant. This set of effects is a cure peak in venous pain and heaviness sensation. This plant blocks the evolution of the inflammatory cascade involved in the degradation of the vein wall.

Turmeric contains a colored pigment, the curcumin, activated by the piperine, a pepper extract which it cannot be separated. The quality of the extract used as for most plants is important.

The Craetagus Oxyacantha has a dual action, it reduces stress and works by decreasing the heart rhythm such as beta-blocker, it also has a positive effect on calcic exchange of the heart. Its action due to flavonoids and proanthocyanidins are multiple and important, particularly in reducing the oedema and pressure in the vessels.

The Quercetin is a flavonoid found in red wine, onions, tomatoes, broccolis. Its action is anti-inflammatory and cardioprotective. Its antioxidant action is demonstrated: in reality, it prevents oxidation by acting at the beginning of the oxidation chain. Its anti-inflammatory action is related to inhibition of leukotrienes and prostaglandins; and it is the basis of cardiac prevention. It combines with turmeric to relieve pain in deficient veins.

Other plants have a less specific action on the vessels of the lower limbs but their main action is positive in a global treatment of venous disorders.

The Red Yeast Rice lowers LDL cholesterol, the most dangerous part of cholesterol and already efficient after eight weeks. Its action is close to statins, it inhibits HMG-CoA reductase, an enzyme needed to produce cholesterol. The veins and arteries of the lower limbs ossify slower, and its presence in the remedy indicates the interest in the prevention of phlebitis and the fight against the hardening of vessels.

The Coenzyme Q10 acts in prevention of cardiac risks, it reduces fatigue and increases the resistance of the heart, it also decreases weakly the blood pressure. Its action is antioxidant; it allows a better action of mitochondria, organelles responsible for cellular oxygenation. Its presence in an active remedy on the veins is clinical. Its action on the leg cramps often associated with circulatory disorders is essential.

The B6 Vitamin is also called pyridoxine, it acts as a cofactor to reduce homocysteine, a cardiovascular risk factor. It decreases the oxidation of blood lipids responsible for many of thrombosis. Its decrease in feeding by the purification of food is one of the causes of the deficit in the body. Its action on the pain of the lower limbs due to circulatory disorders is important.

The Selenium has often been used with other antioxidants such as vitamin A or E, its food deficit increases cardiovascular risks. Its action is due to the increase in HDL fraction² which protects vessels against LDL, the most toxic fraction of cholesterol. Its action is preventive.

The N-acetylcysteine is an amino acid produced by the body, which stimulates the production of glutathione, a powerful antioxidant. The acetylcysteine is a thiol, which can oxidize by reducing the amount of free radicals.

The lycopene, tomato extract or watermelon is effective in the intracellular elimination of oxygen atoms (strongly oxidizing in free radicals). Its effectiveness depends on its lipid solubility, free radicals are especially in lipids. Regular consumption of foods containing lycopene is associated with a reduced risk of cardiovascular disease.

Soy Isoflavones are plant hormones contained in soybeans; they have a recognized prevention action. An effect on diabetes and blood lipids indicates cardiovascular prevention and makes it a plant of choice in a global context. They keep a flexibility of veins and indirectly prevent thrombosis and phlebitis.

All substances come together to act preventively and actively in venous insufficiency, especially those causing swelling of the leg, pain or cramps.