

HEALTH TIP

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Poor blood circulation can be exhibited in a number of symptoms such as pain in legs and feet, fatigue, aching and heavy legs.



Foods that improve your blood circulation

swollen ankles and feet, memory loss, cold limbs, numbness in certain parts of your body, frequent dizziness and headaches among others.

An unhealthy diet can lead to the arteries becoming clogged with fatty substances and the affected arteries narrow and harden which stops blood from flowing through them as well as it normally would.

Combined with daily physical exercise, the following foods according to Dr Francis Ssali, a haematologist can help improve blood circulation as each of

them contain certain properties that can contribute towards healthy circulation

Citrus fruits like lemons, limes, oranges, and grapefruit are the best low sugar, anti-inflammatory foods. He says, "Despite being acidic on the exterior of the body, they help in alkalising the body and are outstanding internal body cleansers because of their Vitamin C content."

He adds that, "Citrus fruits are easy to digest so they are a good option for those sensitive to higher fructose fruits. They are natural blood thinners, strengthen capillary walls and prevent plaque build-up thereby warding off poor circulation."

Vitamin E contained in sunflower seeds is known to prevent blood clots from forming thereby improving circulation. Pumpkin seeds, nuts and olives are also rich in vitamin E.

Ginger is known for helping with digestive problems, preventing nausea as well as increasing blood circulation. It can be eaten raw or added to food.

Green tea has great medicinal value and known to improve the function of the cells that line the capillaries.

Drinking green tea may reduce the risk of some diseases including cancer and heart disease.

Healthy Living

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