

## Ways to Safely Improve Blood Circulation

In order to stay healthy and live a long life, it's important to keep all body systems up and running efficiently. As we age the effects of our lifestyle begin to show in our general health, for example, keeping fit and eating a healthy diet versus leading a sedentary lifestyle and eating whatever you want when you want. For most people the latter will eventually lead to some type of chronic health condition and subsequent related medical issues. The best way to minimize or eliminate risk of acquiring a serious health condition is to exercise regularly and improve blood circulation. Keeping fit and eating a low-fat diet full of fresh fruits, vegetables, and limWaited unprocessed foods is one of the best ways to improve overall health and wellness.

There are many ways to improve blood circulation with small but significant changes, which will yield dramatic results. Many people are under the impression that they have to start big and go all out with a new diet or new exercise program, when in fact it's best to start out gradually and incorporate these new habits into daily living. According to various online sources, it's important to eat less fatty and sugary food and exercise daily to improve blood circulation, cardiovascular health, and sexual function. Tingling hands and feet are the first sign of circulation problems, which can be avoided by taking a proactive stance. Proper circulation in the body transfers nutrients and oxygen to various parts of the body and removes toxins that can be harmful if they remain in the body. High blood pressure, high blood cholesterol

Regular exercise, like a daily walk, is one of the best ways to improve blood circulation. Yoga is also an effective way to gain flexibility and rid toxins from the body. In addition to exercise, there are various herbal remedies, such as ginkgo biloba, that is touted to have the ability to not only improve blood circulation to the brain and extremities, but to increase sharpness of the mind as well in relation to all ages. Cayenne, ginger, and garlic are also good defenses, and according to one source, a tincture made from these ingredients is easily absorbed by the body, and helps reduce cholesterol in the bloodstream and major arteries by cleansing the blood. As you can see, it is possible to improve poor blood circulation without surgery or drugs.