

VARICOSE VEINS

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DEFINITION

A twisted, widened vein with incompetent valves.

CAUSE

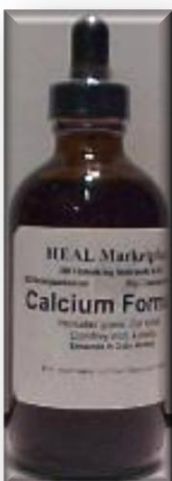
Sugars, pastries, soft and alcoholic beverages, breads, candies, etc., leach the calcium out of the body, causing varicose veins, cramps, Charlie horses, loss of teeth, nervous upsets, etc.

HERBAL AIDS

Red Oak: Use the decoction as a wash, and bathe 3-4 times daily (dilute for open sores); also a fomentation may be wrapped around the affected part and covered well with flannel.

Witch Hazel: Apply a lint bandage and keep it constantly wet with the fluid.

Comfrey Mucilage: Paint the part with pure olive oil to prevent sticking, then saturate a thick layer of cotton with comfrey mucilage and apply to the affected parts. Cover with plastic or waxed paper, bandage, and leave on until nearly dry. Make a fresh application by following the same process. If pus is present, paint the part with oil of garlic instead of olive oil and take 1 teaspoonful of the oil, internally. This will prevent or stop putrefaction and pus formation, which will hasten the healing process. Give fomentation wrung out of a strong decoction.



Dr. Christopher's Calcium Formula: A wonderful natural calcium capsule, tea or tablet made up of horsetail grass, oat straw, comfrey root and lobelia. As explained in the book "Biological Transmutations," the silica in horsetail grass converts to calcium, and the other herbs work in close conjunction with this master calcium herb. We need calcium for nerve sheath, vein and artery walls, bone, teeth, etc. This combination is all pure herbs. It is also used for cramps, "Charlie horses," and for all calcium needs in the body.



Children with crowded, crooked teeth who later must have the wisdom teeth pulled because of a too narrow jaw are lacking calcium in the body. The pregnant woman should increase her natural calcium intake now for two people, so as to build for the child a good wide jaw and tooth material. Sugars, pastries, soft and alcoholic beverages, breads, candies, etc., leach the calcium out of the body, causing varicose veins, cramps, Charlie horses, loss of teeth, nervous upsets, etc.

Oak Bark: Dr. Christopher would ask his patients to go on the mucusless diet, and he had wonderful results with the following treatment.



He made a strong white oak bark tea, simmering it gently until it reduced by three-fourths. Then he soaked stockings of white cotton in this concentrated tea and asked the patient to wear them, covering them with plastic, all night. He would also paint the legs with the concentrate, if stockings were not available. Many women had their varicosities reduced miraculously this way. You can drink a small quantity of this tea as well, if desired.



Apply tea soaked Flannel to area.



2) Wrap entire area



Cover wet flannel with plastic wrap



Wrap Entire Pack with Towel



Apply Heat Over Affected Area



Moist Heating Pad is Good.

We find that it is best to use wet flannel or other kinds of non-synthetic cloth soaked in the fomentation. These should be left on all night. For the leg area, white cotton or wool socks or stockings soaked in the tea, pulled over the afflicted area and covered with plastic wrapping make good fomentation material. Cut the toe end off a stocking and it can be pulled up onto the knee or other parts of the leg area for more localized treatment.

To clean and feed the venous structure internally as well as externally, one fourth cup of oak bark tea in three fourths cups of water (distilled is preferred) may be used three or four times a day. With each cup of tea, it is best to take one half teaspoon or more of cayenne to speed up the action. The cayenne may be taken in capsule form or mixed in half a glass of water.

Dr. Shook's Liniment of Peppermint: Dr. Shook recommended making Liniment of Peppermint. To do so, heat

- ✓ 1 pint of pure olive oil, and add to it
- ✓ 1 dram (teaspoonful) of oil of Peppermint
- ✓ 1 dram, menthol crystals, and
- ✓ 1 dram of flowers of camphor

Mix in a warm jar or bottle, shaking until dissolved.

Let stand until cool, and then keep in a cool place.

This can also be used to reduce varicose veins, clear up acne, boils, abscesses, eczema, etc.



Bayberry: Externally, Bayberry can improve atony of the skin, where the tissues are loose and flabby. Nearly all sources recommend it for bleeding or spongy gums, applied as a strong decoction or as a tincture. For nasal stoppage or inflammation, or for nasal polyps, sniff the powder, only a small amount, carefully into the nostril, holding the other nostril closed. For a sore mouth or throat, especially a chronic sore throat, gargle the decoction or reduced infusion. To reduce the infusion, prepare as usual, one teaspoon to the cup of boiling water. After steeping three to five minutes, strain, and then simmer gently to half its original amount, this makes a tea three times as strong as the infusion, called three power. A fomentation (a cloth soaked in the warm preparation and applied to the affected area, afterwards covered) on varicose veins can relieve, cure, and even prevent this unsightly condition.