



DR. STEPHANIE'S GUIDE TO IMPROVING BLOOD CIRCULATION

Symptoms/conditions associated with blood stagnation: sharp pain, pain better with exercise or movement, irregular or painful menstruation, headaches, fibromyalgia, fatigue, varicose veins, cold hands & feet, poor memory

FOOD THERAPY FOR BLOOD STAGNATION

Add these foods in your diet to improve your blood circulation:

- eggplant
- shiitake mushrooms
- onions
- garlic
- scallions
- ginger
- vinegar
- turmeric
- saffron
- cayenne pepper
- chili pepper
- citrus fruits
- red wine (in moderation)

**Avoid ice in your drinks, frozen foods, ice cream and raw foods.



ESSENTIAL OILS TO IMPROVE BLOOD CIRCULATION

When using essential oils, remember that less is more! Essential oils are very powerful and only a very small amount is needed to achieve a great effect. It is always important to dilute the oils in a few drops of carrier oil (olive oil, safflower oil, coconut oil, or sweet almond oil) to avoid potential skin irritation. You can choose one or a combination of the oils listed below. Always choose therapeutic-grade essential oils, as cheaper oils will not offer these benefits. To order single oils, visit our website: <https://yldist.com/newdirection/>.

How to use:

When using essential oils to improve the heart, I recommend applying them topically to the area(s) of pain. Oils should be diluted with a carrier oil (safflower oil is best).

FRANKINCENSE

- what it does:
 - invigorates blood, calms anxiety, irritability, agitation, insomnia, worry & depression, improves wound healing & appearance of scars
 - anti-cancer and anti-tumor properties, anti-inflammatory

CINNAMON LEAF

- what it does:
 - invigorates blood, stimulates circulatory system, alleviates menstrual cramps, stimulates labor, alleviates arthritis pain

ELEMI

- what it does:
 - invigorates blood in the chest, alleviates chest pain & tightness, alleviates anxiety, improves sleep, improves shallow breathing

CAMPHOR

- what it does:
 - invigorates blood, alleviates pain, stimulates circulatory system

JUNIPER

- what it does:
 - regulates menstruation, alleviates menstrual cramps & clotting

MYRRH

- what it does:
 - invigorates blood, treats bruises & varicose veins, promotes healing of wounds



TIBETAN MEDICINAL FOOT SOAKS FOR POOR BLOOD CIRCULATION

New Direction's Tibetan Medicinal foot soaks are an excellent way to have an at-home treatment to improve circulation and increase blood flow throughout the body. The herbs are absorbed trans-dermally and work by increasing the pumping action of the heart to improve your circulation systemically. In addition, the herbs in the foot soak formula also have a calming effect, help to lower high blood pressure, decrease inflammation, regulate heart rate, alleviate pain and arthritis, and much more. Foot soaks should be done everyday for 30 minutes in a course of 10-30 treatments for optimal benefits. Click [here](#) to learn more!

TEAS FOR IMPROVING BLOOD CIRCULATION

Always choose organic teas when possible to avoid chemicals and pesticides.

Teas for the heart:

- **ginger root tea**
 - vasodilates blood vessels, thins the blood, reduces inflammation, eases joint pain
- **hawthorne berry tea**
 - improves circulation, lowers blood pressure, lowers cholesterol, alleviates menstrual cramps, regulates heart rhythm, improves blood flow from the heart