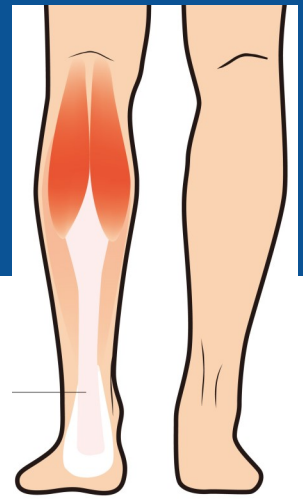


YOUR CALVES ARE YOUR “SECOND HEART”



Did you know your calves are called your “second heart”? There are two types of blood vessels; one, the arteries, carries blood pumped from the heart to deliver oxygen and nutrients throughout the body. The other blood vessels, called the veins, return the depleted blood and waste products back through the calves, which are known as “second heart”. Your lower leg muscles act as a powerful pump that squeezes the deep veins in your lower legs, pushing the blood up to your heart.

【Lower extremity varicose veins are more common among women.】

● The veins of the legs have valves in some places to prevent the backflow of the blood sent upwards to the heart. However, if this valve is damaged for some reason, the blood vessel swells or bulges out, causing blood to accumulate. This situation is called a “lower extremity varicose vein”. Varicose veins are said to be more common in women and increase with age. It often develops during pregnancy and childbirth, and it is also known that sedentary desk work, long standing work, and genetic factors are involved.

● It is generally said that if the varicose veins have no symptoms, surgery is not necessary. However, if you have sluggish legs, swelling, cramps, or dermatitis, you should consult a doctor because other medical, orthopedic, and dermatological diseases unrelated to varicose veins can also occur.

Causes of Poor Blood Flow

Among the factors that cause poor blood flow, one of the most influential factors is “immobility”. Blood flow is stimulated by muscle movement, so the longer you don’t move, the more likely it is that your blood flow will get worse. Even when spending time at home, be careful not to keep the same posture too long.

参考資料 : <http://www.think-vein.jp/about2.html>
https://www.sfc-v.com/leg_vein/
<https://kenko.sawai.co.jp/healthy/20210102.html>

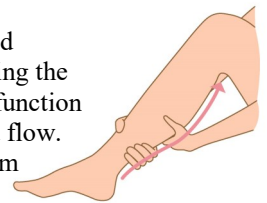
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Calf Care

The easiest way is to warm and massage your calves. Squeezing the calves will support the pump function and improve the overall blood flow. It is best to rub from the bottom to the top, but you can expect the effect just by rubbing in any method.



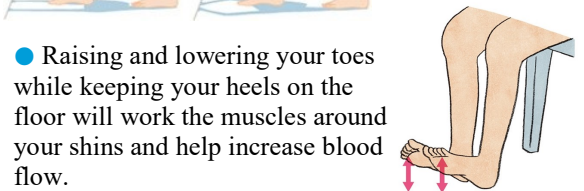
If You Often Experience Leg Cramps:

If your muscles are stiff without using them, or if the blood flow is stagnant and the temperature is low, your legs will easily cramp. Of particular concern are muscle spasms known as cramps (it’s called “komura-gaeri” in Japanese). If you continue exercising your calves on a daily basis and are conscious of improving muscle strength and improving blood flow, it will be very useful in preventing cramps.

Calf Exercise to Improve Blood Flow:



● Stand in front of the wall and slowly push against it. In this position the back of the calf is stretched. Do each leg about five times a day.



● Raising and lowering your toes while keeping your heels on the floor will work the muscles around your shins and help increase blood flow.



● By frequently raising and lowering the heel, you will be able to flex the soleus muscle and strengthen the pump function of this large muscle that makes up the calf.