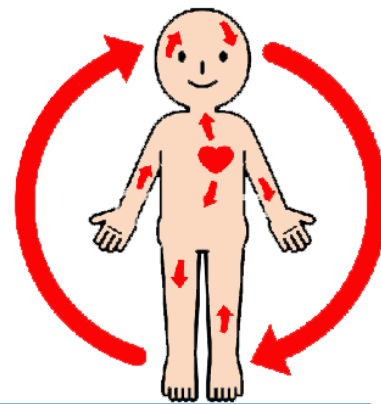


Improve your blood circulation and deliver nutrients to every corner of your body!

Blood Circulation ♡



The pumping function of the heart pushes our blood throughout the whole body. That blood contains oxygen and nutrients needed by cells throughout the body. Blood flows to every corner of the body, not only delivering nutrients to cells, but also collecting carbon dioxide and waste products that are no longer needed by cells and carrying them away. However, when blood flow becomes poor, the body does not get the nutrients it needs, and waste products accumulate, creating a vicious cycle that can lead to symptoms such as stiff shoulders, swelling, nausea, lower back pain, sensitivity to cold, and eye strain.

Why does blood circulation worsen? How to improve blood circulation?

① Cold body

When the outside temperature is low, blood vessels constrict to maintain body temperature, reducing blood flow to the limbs and directing blood to the center of the body. As a result, blood is not able to reach the extremities of the body, such as the hands and feet, and the body temperature drops. If you don't have time to soak in a hot bath, we recommend taking a footbath from time to time. It's very warming and helps blood circulation.



② Lack of exercise

Muscles in your body work like pumps to help move blood back to your heart. However, when muscle strength decreases due to lack of exercise, the power of this pump becomes weaker and blood flow becomes poor. Also, if you stay in the same position for long periods of time, such as when working at a desk or standing, your muscles become stiff, compressing the surrounding and internal blood vessels and causing poor blood circulation, so be sure to stretch frequently. Simply stretching your back, arms, legs, or twisting your body can loosen up your muscles. Be especially conscious of stretching your calves.



③ Lack of water

A lack of water increases the concentration and viscosity of blood, resulting in poor blood circulation. Not only in the summer when you tend to sweat, but also in the winter, water is excreted through breathing and urine, so be sure to stay hydrated. Hot water is recommended to stay hydrated in the cold winter. Hot water warms your body from both the inside and outside, so it's a good idea to drink hot water frequently.



④ Disordered eating habits

An unbalanced diet that is high in fat and sugar causes blood to become thicker and blood circulation to deteriorate. It is important to have a good balance of meat, fish, vegetables, legumes, etc. People who are sensitive to cold should actively incorporate foods that warm the body (green onions, ginger, garlic, root vegetables, etc.) and fish (sardines, mackerel, saury, etc.) that improve blood flow.



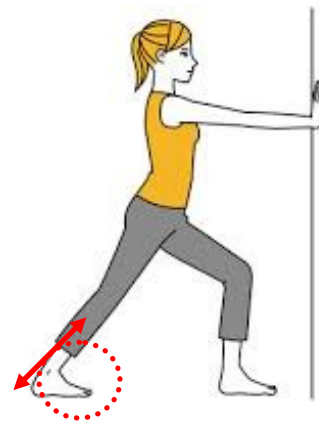
⑤ Stress

It is said that too much stress disrupts the balance of the autonomic nervous system, which controls the expansion and contraction of blood vessels, causing poor blood circulation. In addition to sleeping, exercising properly, and having hobbies, we also recommend taking time to relax, through exercises of deep breathing and meditation.



Stretch your calves!

The calf is called the "second heart" and plays an important role in circulating blood in the lower body, located far from the heart.



- ① Stand in front of a wall, put both hands on the wall, and move your right leg back.
- ② While stretching your right leg, slowly bend your left leg and both arms and approach the wall.
- ③ The calf of your right leg will start to stretch, so count for 5 seconds or as long as you can hold it. Do this 5 times alternately without overdoing it.

Magnus Supplements

Please use it to promote blood circulation!

Omega DHA
SRP\$70/ 90 caps

Super Garlic Plus
SRP\$40/ 60 caps

