

Upcoming events

Healthy legs ft. compression stockings

got heavy and sore & tired legs
learn how stockings can help. LIVE DEMO.

**SAT Mar 18th
2-3 PM**

Dealing with seasonal allergies

do you struggle with allergies?
natural tips to save yourself this season

**SAT Apr 15th
2-3 PM**

Slim into spring

natural & scientific weight management

**SAT Apr 22nd
2-3 PM**

previously

**Hormones. Are they controlling you?
Dealing with Menopause**

**SAT FEB 18th
COMPLETED**

HEALTHY LEGS:

FT.COMPRESSION STOCKINGS



Five pm strikes, and you are done work for the day! Why does it feel like you are dragging your legs home and not springing home?

Standing or sitting for a long time can affect the ability of the veins to return blood back to the heart leading to the feeling of tired or heavy legs. Other vein symptoms include varicose veins and swelling in legs. Valves in veins close to prevent blood flowing backwards causing congestion. Age, lack of exercise, pregnancy and weight problems can weaken the valves in the veins. Having a blood clot in your leg or swelling due to a health problem can also damage valves in veins.

High blood sugar or diabetes can affect the circulation in your feet, as well. Poor blood flow in the feet can make it harder to fight infections and heal after getting injured.

...So What Can You Do?

REGISTER NOW!

TIPS FOR HEALTHY LEGS

01 DO PHYSICAL ACTIVITIES

- Exercise regularly
- Raise your legs above the level of your heart before bedtime
- Walk around after sitting or standing every few hours
- Move your legs around often when you are travelling

02 WEAR PROPER FOOT WEAR

- Wear compression stockings to improve circulation
- Wear comfortable, supportive shoes

03 HEART HEALTH

- Maintain a healthy weight
- Stop smoking
- Manage your blood sugar, blood pressure and cholesterol

04 SKIN CARE

- Use a mild soap and moisturizing lotion for dry skin
- Check your feet for swelling, redness or blisters

Do Compression Stockings Really Work?



Most people have heard of compression stockings, but have the misconception that it cuts off their blood circulation from being so tight. Actually, they help with **blood circulation**, **prevent blood clot formation**, and **reduce swelling**.

How does that work?

Most importantly, compression stockings applies pressure to the tissues to prevent fluid from leaking into the tiny surrounding blood vessels (known as capillaries) to reduce swelling. It also serves to compress the legs at appropriate areas to prevent vein in the leg from opening and overflowing.

Exp. MAR. 31ST, 2017



MEDI TRAVEL MEN/WOMEN

Reg. \$44.99

SALE \$39.99

Exp. MAR. 31ST, 2017



MEDI MJ-1 METROPOLE KNEE HIGH

Reg. \$39.99

SALE \$34.99