

10 SUPERFOODS TO IMPROVE BLOOD CIRCULATION

CAYENNE PEPPER



Cayenne is available as a fresh pepper or dried spice and has been associated with increasing metabolic rate and strengthening arteries and blood vessels. Cayenne pepper is best eaten raw in salads or juiced.

DARK CHOCOLATE



Cocoa contains flavonoids which is naturally found in plants and fruits and has been well linked to improving blood circulation. Dark chocolate rich in natural flavonoids improves blood circulation when compared with white chocolate with no flavonoids.

ORANGES



Oranges and other citrus fruits high vitamin C are natural blood thinners and are said to strengthen capillary walls and prevent plaque build-up which leads to poor circulation.

SUNFLOWER SEEDS



Sunflower seeds are rich in vitamin E which is shown to help keep blood clots from forming. They are great at helping improve circulation. Likewise so are foods such as olives, nuts and pumpkin seeds.

ROOT GINGER



Ginger is known for helping nausea and digestion problems as well as increasing blood circulation. Ginger can be eaten raw or added to foods or why not try ginger tea.

GARLIC



Garlic has many uses and one of them is it cleanses the blood and helps prevent plaque build-up. Other foods in the bulb group such as radishes, onions and leeks are also good at stimulating blood flow.

GINKGO BILOBA



One of the world's oldest surviving tree species, Ginkgo biloba dilates blood vessels and in doing so increases blood flow. It is also thought to increase blood flow to the brain.

GOJI BERRIES



Goji berries can be found in natural health stores and look similar to raisins. They are high in fibre to help boost the immune system as well as increasing blood circulation.

WATERMELON



Watermelons are rich in lycopene which is a natural antioxidant linked to improving circulation. Lycopene is a natural pigment which gives certain foods their reddish colour. Tomatoes, pink grapefruit and apricots also contain lycopene.

AVOCADOS



Avocados contain heart-healthy omega 3 fatty acids which research has shown to support the cardiovascular system and increase blood circulation.



Exercise



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