

MICROCIRCULATION - THE CIRCLE OF LIFE

Part 2: Your microcirculation = Your Health!

By Chris D. Meletis, ND

Microcirculation and Smokers:

Individuals that have become addicted to nicotine require more help to protect and offset the detrimental effects on their microcirculation. Nicotine stimulates the sympathetic nervous system, which can lead to vasoconstriction (narrowing) of arteries and increased resistance in arteries and capillaries. The sum effect is more work for the heart from increased blood pressure, at the same time that the body has less oxygen and more waste products to cope with as a direct effect of smoking.

Stopping smoking is a challenge even for those with strong wills, but until success is achieved, offsetting side effects by improving micro-circulation is a good investment in yourself or someone you love. It should be noted that smoking increases the risk of dying from heart disease by 140% to 240% even in those that smoke lightly and an incredible 350% for heavy smokers.

Part of the challenge of successfully kicking this life threatening habit comes down to brain chemistry and proper brain circulation is essential for optimal production of neurotransmitter messengers linked to the addictive cycle that smokers find themselves in.

Microcirculation and Alcohol:

When drinking alcohol, a certain degree of free radical damage occurs. The classic signs of changes in circulatory health in consumers of alcohol are clear with the overt redness of the cheeks and nose, and frequently the visible appearance of blood vessels on the surface of the face. Numerous chemical processes

are required to detoxify the body from the metabolism (breakdown) of alcohol. Therefore as with all forms of

About the author

Dr. Meletis is in private practice at the Peal Clinic

the clearing of waste products from the body, optimal circulation and microcirculation should be actively sought and enhanced.

Microcirculation and Stress:

Virtually everyone experiences stress, whether it is mental or physical. In fact, your body is constantly barraged by outside influences that challenge your ability to survive amongst the chaos, let alone survive.

The effects of this constant exposure to stress are numerous and include lowered immune function and diminished blood flow. Thus, with increased stress, the tissues of your body are asked to cope with a heightened level of alertness or readiness, commonly known as the "fight or flight response". As a result, your micro-circulation particular to vital organs is detrimentally altered.

Millions of us exist in this state of high demand for abundant delivery of nutrients and oxygen to sustain our rapid lifestyle, yet our body must deal with drought-like conditions when it comes to proper circulation. Thus actively enhancing overall circulation to support the body is of paramount importance.

When pursuing peak performance nourishing the body with sufficient nutrients and oxygen is key, yet without the highways and by-ways that take the form of arteries within your body, the supply center may be full, yet your tissues can literally starve awaiting life-sustaining circulation.

Self Tests:

- Do you have cold hands and feet?
- Do you have creases in your ear lobes?
Clinically this can suggest that your capillaries are becoming compromised.
- If you place your fingertip between your opposing hand's index finger and thumb squeeze firmly on the nail bed for 5 seconds, does it seem to take a

COMMITTED TO EDUCATION AND HEALTH CARE SERVICE. . .

- ◆ Free Monthly Newsletter
- ◆ Home Testing
- ◆ Selected Dr. Meletis' Articles
- ◆ Affordable Supplements

Please visit Dr. Chris Meletis web site at:

www.divinemedicine.com

more than a second or two to become full pink again?

Also how pink was your fingernail to start
(Continued on p. 8)

MICROCIRCULATION (Continued from p. 7)

with? (Compare with friends). Have you experiences changes in your vision? (Go get it checked)

- Aches, Pains and Soreness after reasonable exercise can suggest insufficient circulation
- Sexual Ability is all about optimal circulation, if you have experienced a change, it is likely that insufficient circulation is largely to play in most individuals - both men and women. Also certain medications and other disorders may be at play, when in doubt check it out.
- Do you lack energy and vitality?
- Do you pick-up viral infections such as the common cold and the flu?

If you answered yes to one or more of these questions, improving your microcirculation could reward you with significant long-term health benefits. These simple indicators could very well be the first warning signs that you need to focus on maintaining a healthier cardiovascular system both actively and passively.

Steps to Improve Your Circulation:

In addition to regular exercise and proper diet, the additional steps you can take to help improve your microcirculation can be relatively simple.

Traditional Chinese Medicine (TCM) herbals like LingZhi Medicinal Mushrooms, plus Cordyceps have all been clinically shown to help strengthen and enhance microcirculation. They also support immune function, acting as antioxidants and helping to fuel the body with oxygen and nutrition.

LingZhi studies have reported positive blood thinning effects, antioxidant properties with cardiac protective potential, blood pressure lowering, cholesterol lowering, and clot protective properties. Each of these findings supports the inclusion of Lingzhi into a microcirculation promoting protocol.

Similarly, ongoing Cordyceps research has demonstrated blood pressure lowering, vasodilating (blood vessel expanding), protection against heart ischemia (lack of oxygen) and blood clot formation. These study findings strongly support the role of Cordyceps as a tool in the arsenal to augment and support healthier microcirculation. These properties

are in addition to Cordyceps anti-fatigue and anti-stress effects that have also been noted in the medical literature.

In addition, there is also an exciting new opportunity to 'passively conserve' your vital energy to enhance microcirculation through 'personal reflective energy' from recent advances in nanoscience.

It is through the reflection of our own internal energy or "Chi" that a vasodilation or blood vessel widening occurs that has resulted in increased circulation and resulted in warmth of body tissues. Clinically, patients have noted significant improvements in circulation and support of their body in alleviating various symptoms resulting from compromised circulation.

The research has demonstrated that reflected energy technology as seen in the NanoPro technology conserves life-sustaining and microcirculation enhancing Chi (inner energy). This new technology has been applied to simple everyday items like pillows, back and knee supporters, socks and shoe inserts.

In regard to pillows, sleep and more importantly restful, deep sleep is essential to staying healthy and healing.

Both of these complementary natural options can work together to help support an anti-aging program. They will help to strengthen and conserve vital energy and increase microcirculation to deliver increased oxygen and nutrients to your vital organs and tissues; while helping ensure that carbon dioxide and waste products are removed to help lessen the likelihood of various disease processes.

Closing Thoughts

There is a popular adage that states the best way to prevent heart disease is to choose ones parents carefully. Well, it's too late for that, so it is time to go to work. After all, the only way to guarantee the future is to create it. And if you don't - no one else can or will.

Premature heart disease and death is preventable. Investing in your microcirculation, with lifestyle and proper diet and nutrition is the single best investment you can make for you and the ones you love.

(See **MICROCIRCULATION Sources**, p. 9)

ALAN YURKO FREED!!

Alan Yurko was imprisoned for life (over six years ago) for shaken baby syndrome (SBS). He is now supported by an armada of medical experts and vaccine safety advocates who agree that his infant son was killed by an adverse reaction to vaccination and by subsequent iatrogenic complications in the hospital. You can read about the hearing in court he recently had by visiting the Free Yurko web site. The second and third days are most important ones

to read.

For more information:

<http://www.freeyurko.bizland.com/>
<http://www.freeyurko.bizland.com/hearingupdates.html>

MICROCIRCULATION (Continued from p. 8)**Sources:**

Chiou, WF et al.; "Protein constituents contribute to the hypotensive and vasorelaxant activities of Cordyceps sinensis," *Life Sci* 2000; 66(1):1369.

Jong-Ho K et al.; "Antifatigue and antistress effect of the hot water fraction from mycelia of Cordyceps sinensis," *Biol Pharm Bull* 2003; 26(5):691-94.

Watchel-Galor S et al.; "Ganoderma lucidum ('Lingzhi'); acute and short-term biomarker response to supplementation," ~~*Int J Food Sci Nutr* 2004; 55(1):75-83.~~
