Natural Help 4... Capillaries

What are Capillaries?

Capillaries are tiny **blood vessels** (about 10 micrometers in diameter) that form part of the circulatory system. These tiny structures are **located within the tissues of the body** and transfer blood from the arteries, through the tissues, and back to the veins.

Capillary **blood vessel** walls are thin and narrow, and the red blood cells can only travel through them in a single file. Substances such as **oxygen, carbon dioxide, nutrients and wastes are passed through the walls of the capillaries**. This makes the capillaries the main area of exchange between the fluid (called lymph) bathing the body tissues and the blood.

Because they are so numerous and their diameter is so small,the purpose of capillary **blood vessels** is to provide a large surface area in order to maximize diffusion of oxygen and nutrients.

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The Different Types of Capillaries

There are three different types of capillaries that perform specific functions for the body - continuous capillaries, fenestrated capillaries, and sinusoidal capillaries. Each type of capillary is structured differently, and this controls the degree to which diffusion occurs.

Continuous capillaries have the thickest endothelial wall and only allow water and ions into their pathways. Fenestrated capillaries have “windows” that allow larger molecules in and out. Sinusoidal capillaries have the greatest amount of permeability, letting red blood cells and proteins in through the endothelial walls.

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

What are the Functions of Capillaries?

The primary function of capillaries is to allow the **exchange of materials between the blood and tissue cells**. Because the capillaries are so small, these substances pass right through them in a process called diffusion.

Capillaries also supply blood to the organs. **Strong capillaries** perform the vital function of feeding an organ with amino acids, proteins and oxygen. If an organ's cells do not receive oxygen, they will die. Capillaries also allow for waste products to be received from the organs. They then perform the very important function of **transporting waste out of the body**.

Tissues of the liver, kidneys, and skeletal muscles have extensive **capillary**

networks because they are extremely metabolically active and need an abundant supply of oxygen and nutrients. Other tissues, such as connective tissue, have a less abundant supply of capillaries.

Help for Capillaries

Strong capillaries are vital to the **circulatory system**, as they are the ultimate delivery network for nutrients and waste between the organs and the bloodstream. However, a poor diet, smoking, alcohol and all kinds of other environmental factors and pollutants can work to decrease the effectiveness of our circulatory systems, including the ever-important capillaries.

By maintaining a healthy diet without excessive fats, getting regular exercise and taking natural supplements, we can greatly **strengthen capillary walls.** This in turn leads to more efficient functioning of our many vital organs, and thus overall systemic health.

Natural Treatments for the Capillaries

Natural and holistic treatments have also proven to be particularly beneficial in **improving peripheral and systemic blood flow and circulation**, thus helping to **strengthen capillary walls**. Using treatments such as herbal and homeopathic remedies is not only a gentle approach, but also effective for overall health and well-being without harmful side effects.

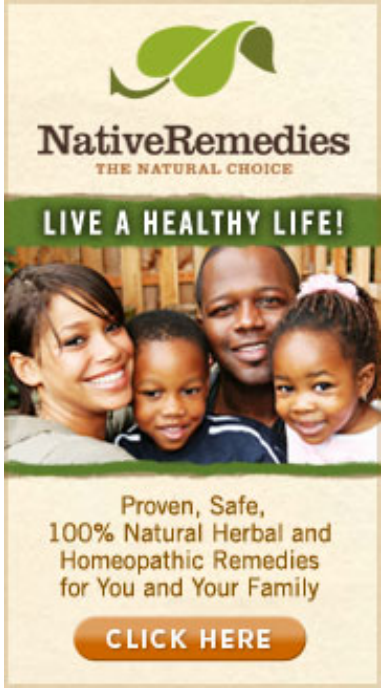
Herbs such as Ginkgo biloba have powerful medicinal properties and can restore the functioning of the circulatory system, promoting **strong capillaries**. It also improves the blood flow to the brain and all parts of the body. Rosmarinus officinale is an excellent tonic and system energizer and has a therapeutic effect on the circulatory system, while Xanthoxylum clavaherculis is a circulatory stimulant and **promotes blood flow to the extremities**. Another important herb called Vaccinium myrtillus is also known to **strengthen capillary walls**.

Vizu-All Plus is a natural remedy that may help maintain healthy eyes and circulatory health. **Vizu-All Plus** may also help lessen common problems associated with night vision and eye sensitivity often associated with the normal aging process.

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to**



Michele Carelse, Clinical Psychologist

All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

play in the treatment program.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself.** While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease.** In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it HERE! We will do our best to get you an answer within 24 hours.

Great Health Sites

Pet Herbal Info Blog

The Natural Beat Blog

PetAlive Natural & Herbal Remedies for Pets

Native Remedies - Natural & Herbal Remedies

Natural Help 4...Free Natural Health eBooks

giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **'standardized' extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

Circu-Live: For circulatory and nervous system health; keeps healthy toes and fingers comfortably tingle-free.

Circu-Live is a 100% safe, non-addictive,natural herbal remedy formulated by a team of experts in the field of natural medicine.
Circu-Live has been used for many years to safely maintain **health and systemic balance of the circulatory system**.

Containing a selection of herbs known for their **supportive function in maintaining circulatory health** and well-being, Circu-Live remains true to ensuring the bio-availability and balance of active ingredients contained in the remedy, while significantly reducing the likelihood of side effects.

Circu-Live **supports functioning of the cardiovascular system**, thereby helping to maintain healthy circulation of the blood through veins and arteries to all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

Learn more about Circu-Live

Vizu-All Plus: Natural remedy for visual and circulatory health.

Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes**, while promoting overall systemic and immune system health.

Six Good Reasons to choose Native Remedies as your trusted suppliers of

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects.**

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**-- particularly of the feet and hands-- while encouraging the maintenance of healthy blood flow to the brain. This support can help to prevent age-related absent-mindedness and to promote healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also **significantly reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

Learn more about Vizu-All Plus

Read the testimonials for these quality products here!

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email Ask Our Experts service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional One Year Money Back Guarantee.

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