

Travel the Right Road to Varicose Vein Relief

For those who struggle with the pain and unsightliness of varicose veins, two roads diverge in the woods, metaphorically speaking. **Which path will you take on your journey for relief?**

START HERE:

Swollen, achy, itchy, heavy, sometimes painful enlarged veins

THE GOOD ROAD

THE BAD ROAD

Sleeping with your feet on a pillow

Standing in the same position for a long time

Propping your legs while sitting

Wearing tight-waisted clothes

Keeping a healthy weight

Wearing high heels

Stretching your calves

Exercising regularly

Crossing your legs

SYMPTOMS EASED

SYMPTOMS AGGRAVATED