HEALTHY TIPS

Struggling with Heavy and Inflamed Legs?- Drink This

By bestfolkmedicine · 09/10/2023 · 4 min read



Have you ever dealt with swollen legs after standing or sitting for several hours? This swelling causes your legs to feel heavy and a constant pressure.

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The uncomfortable feeling isn't the only problem: the pain is also a major issue. Inflamed and heavy legs are also painful.

The reasons for swollen and inflamed legs are numerous. To avert this problem, it's best to avoid prolonged sitting or standing hours. If this isn't possible, take regular breaks and lift up the legs when you can.

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Also, hydration, a healthy diet, regular exercise, and a lower intake of salt also contribute to the reduction of swollen and inflamed legs.

You can also incorporate helpful herbs and use creams like juniper, castor oil, and tea tree oil to massage the legs and reduce inflammation, pain, and discomfort.

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Before you decide to try any folk remedy for swollen and inflamed legs, always consult your physician if this is a suitable treatment for you!

Swollen & Inflamed Legs?-These Natural Remedies May Help

1. **Dandelion**

Herbal diuretics are awesome for inflamed legal. Dandelion is one of the most popular and effective herbs for water retention in the legs.

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Moreover, it also betters hormonal secretion and boosts sweating and urination. This in turn helps expel the surplus water and toxins.

The anti-inflammatory properties it possesses help lower sore muscles and stiff joints caused by osteoarthritis.

2. **Cayenne**

When applied topically, cayenne has a mild burning sensation. This happens due to the presence of capsaicin.

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But, it’s highly effective in lowering inflammation, painful joints, lower back aches, diabetic neuropathy in the feet and legs, etc.

You can use creams with cayenne to massage the painful area or add cayenne pepper to your diet.

Both internal and external use of cayenne may alleviate swelling in the legs and in other areas.

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3. **Turmeric**

The curcumin in turmeric is praised for its healing properties, especially the anti-inflammatory ones.

It's used to relieve arthritis pain, swelling, discomfort, and muscle soreness caused by exercise.

You can use turmeric-enriched topical creams to alleviate the pain and discomfort in the area.

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4. **Ginger**

Ginger betters the blood flow and may be of aid for deep vein thrombosis. It will relieve inflamed legs and avert blood clots by relaxing the blood vessels.

Opt for ginger tea several times per day to reduce pain and discomfort in the joints, relieve inflamed tendons, and reduce arthritis symptoms.

You can also use it to reduce leg pain due to a sprain or another type of injury.

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5. **Coriander**

Coriander may be of aid for leg inflammation because it possesses antipyretic and analgesic characteristics.

It's a popular herbal remedy that people use to relieve arthritic and other types of pain.

Coriander possesses diuretic characteristics and it's good for restoring the balance of the creatinine levels and the levels of uric acid. It will help reduce edema and lower puffy legs.

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Opt for a coriander cup of tea on a daily basis.

6. **Nettle**

Stinging nettle is a plant praised for a variety of health benefits. It's used to relieve prostate enlargement symptoms and swollen ankles and feet.

Its diuretic properties will help lower swelling. Nettle also has anti-inflammatory properties and helps relieve stiff joints and pain in the muscles.

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7. **Green tea**

This is the go-to drink for those who want to avoid the palpitations associated with coffee.

Research has found that green tea is able to relieve chronic inflammation symptoms.

Consume green tea if you're struggling with inflamed legs due to pain in the joints and osteoarthritis.

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8. **Epsom salt**

Though it's not an herb, Epsom salt is highly recommendable for the treatment of inflammation.

Also known as magnesium sulfate, this inorganic salt is great for soaking baths and relief from bruises, inflammation, sprains, and pain.

Combine half a cup of Epsom salt with a bucket of warm water and soak your feet to reduce puffiness and inflammation for 10 to 15 minutes.

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DIY Healing Tonic for Heavy & Inflamed Legs

This turmeric-enriched tonic can be of aid for swollen legs. It's easy to make and you probably already have the needed ingredients.

Let's check out the recipe:

A glass of plant-based milk

A tsp of turmeric powder

A pinch of black pepper

A bit of honey (optional)

Preparation:

Warm up the milk, dissolve the turmeric inside it, and stir well. Add the pepper and the honey. Consume it right away.

How to use it:

Opt for a glass of the remedy every day for a period of two weeks or until you notice a reduction in the swelling.

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Sources:

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