

Bruising/Capillary Fragility

Increased bruising due to capillary fragility, a state in which the capillaries are easily ruptured. Bruising happens from the slightest bump.

Your blood cells and capillaries throughout your body are supposed to be like strong water balloons. When they are squished and moved, they pop right back into shape, but if the cell walls of the blood cells and capillaries in which they flow through are compromised, the blood leaks out and forms a bruise. The key is to keep your cell linings strong and pliable. The linings that need to be strengthened are mainly fed by antioxidants like Vitamin C and fatty acids. There are many things that can create this condition of increased bruising within your body. Vitamin and mineral deficiencies are common among people in the United States.⁸⁸ Stress exacerbates nutrient depletion as we age.⁸⁹ When your immune system is compromised, the nutrient levels that keep you from bruising are low. Vitamin C has been researched and proven to both boost the immune system^{90, 91} and lower the amount of time that the immune system is compromised, thus, getting your cells stronger quicker.^{92, 93, 94} Iron deficiency has also been a factor for some people when they bruise easier.

Protocol to nutritionally support the reduction of bruising and capillary fragility

Severe bruising and capillary fragility

Can use this protocol when you get bruises without realizing you hit something or received any trauma.

15 Day protocol

2 Whole C chewables	3 times a day	Whole Food Vitamin C
2 Vitamin/Mineral Antioxidant	3 times a day	Whole Food Vitamins and Patented Organic Minerals
Optimal Fruit & Veggie Complete	2 servings daily	Antioxidants from raw fruits and veggies
1 Tablespoon of flax seed oil or 1 Optimal EFA	1 time a day	Essential Fatty Acids

Maintenance Dosages

1 Whole C chewable	3 times a day	Whole Food Vitamin C
1 Vitamin/Mineral Antioxidant	3 times a day	Whole Food Vitamins and Patented Organic Minerals
Optimal Fruit & Veggie Complete	2 servings daily	Antioxidants from raw fruits and veggies
1 Tablespoon of flax seed oil or 1 Optimal EFA	1 time a day	Essential Fatty Acids

Optional Nutrients

1 Optimal Iron (if Iron is recommended)	2 times a day	Patented Chelated Iron, 400% more assimilation than Ferrous Sulfate
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1 Opti-Force (if more antioxidants are needed)	2 times a day	capsule form, neutralizes all kinds of free radicals
1 EFA (if you don't like flax oil)	2 times a day	encapsulated potent vegetable EFA blend.

Nutrition

Consume foods high in antioxidants. These are brightly colored fruits and vegetables (examples; spinach, blueberries, raspberries, carrots, oranges, mango, broccoli, etc.). Also consume foods high in essential fatty acids such as cold water fish and salmon. Raw nuts, including peanut butter are also good, as are young coconuts in having a good source of cell strengthening fatty acids.

Avoid acidic foods that strip the body of nutrients. These foods are; red meats, carbonated drinks, black tea and coffee. White flour and high sugar content foods also rob the body of nutrients that support cell strength.

Exercise

Exercise actually builds the strength of cells and capillaries by increasing blood flow. When blood flow is increased, more nutrients are delivered to the blood and more toxins are removed. A minimum of 20 – 30 minutes 3 times a week is recommended. Try to avoid exercises that may cause you to bump into objects. This may cause more bruising until you have built up your nutrient levels.

Drugs

Many drugs have side effects that will compromise your cells and allow for easier bruising. The protocols provided should compensate nutritionally for this. Make sure to check the side effects of your prescriptions and ask your health professional about taking antioxidants and fatty acids to improve the situation.

After condition has subsided, ask for an assessment on your basic nutritional and formula needs. A custom pak of whole food nutrients can be designed just for you (how to design a custom pak form in the back of this protocol booklet).

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