

First off a person needs to talk to their doctor if they taking blood thinning medications as some blood thinners can't be taken with these herbs. For women, they need to speak to obgyn before they take anything.

Instructions to thin out the blood to help prevent blood clots.

Ginger root = (must be fresh root take half an inch of the root daily) It contains a natural acid called salicylate. Aspirin (acetylsalicylic acid) is a synthetic derivative of salicylate and a potent blood thinner. "So this will be like taking a daily aspirin".

Tumeric powder = The active ingredient in turmeric is curcumin that has anti-inflammatory and blood-thinning or anticoagulant properties.

Cayenne pepper powder = will help lower blood pressure and circulation.

Cheapest way to do the tumeric and cayenne is to buy vegetarian capsules at this link and make them.

https://www.amazon.com/1000-plant-empty-capsules-size/dp/B06XFDW38B/ref=asc_df_B06XFDW38B/?tag=hyprod-20&linkCode=df0&hvadid=198070682048&hvpos=1o3&hvnetw=g&hvrnd=373762597537697687&hvpone=&hvptwo=&hvqmt=&hvdev=m&hvdvcmdl=&hvlocint=&hvlocphy=9016729&hvtargid=pla-421733405924&psc=1

Get the organic powders at the store and fill them yourself. Its saves and you know exactly what's going into the pills.

Garlic = this contains antithrombotic agent that reduces blood clot formation.

https://www.amazon.com/Solaray-Organic-Garlic-Supplement-Count/dp/B00028PI2U/ref=mp_s_a_1_6?keywords=garlic+vegetarian+supplement&qid=1566654627&s=gateway&sr=8-6

Bromelain = Take this daily. This will help with inflammation and clotting and sinus issues.

https://www.amazon.com/KAL-Bromelain-Tablets-1000-Count/dp/B00014IHMS/ref=mp_s_a_1_8?keywords=bromelain+1000mg&qid=1566653365&s=gateway&sprefix=bromelain&sr=8-8

Ginkgo biloba = thins the blood and has fibrinolytic effects aka prevents blood clots from forming.

https://www.amazon.com/Doctors-Best-Strength-Promotes-Function/dp/B000NRXNT0/ref=mp_s_a_1_8?keywords=gingko+biloba+capsules&qid=1566653592&s=gateway&sprefix=Gingko+&sr=8-8

Feverfew = this will inhibit platlets from creating a large number so it will thin out the blood.

https://www.amazon.com/Natures-Way-Feverfew-Certified-Vegetarian/dp/B00020HR1I/ref=mp_s_a_1_3?keywords=feverfew&qid=1566653270&s=gateway&sr=8-3

Dong Quai = this slows down the process of clotting of the blood.

https://www.amazon.com/Natures-Way-Dong-Quai-VCaps/dp/B00024D1GE/ref=mp_s_a_1_3?keywords=dong+quai&qid=1566653171&s=gateway&sr=8-3

Before any surgery tell the doctor that you are taking these because they stop clotting of the blood and you could bleed out in surgery. So you may have to stop them 3 to 7 days before surgery.

Increase intake of vitamin E foods.

almonds
safflower oil
sunflower oil
sunflower seeds
wheat germ oil
whole grains

Get organic extra virgin olive oil and take 6 drops daily with one of your meals preferably with lunch or dinner.

Get compression socks up to the knees. This is also available at Amazon.

You need to walk five days a week for 30 minutes to keep blood circulating.

You also need to elevate your legs higher than your hip when you are sitting down when you are able.

If you sit at work for long hours, a small stool would be beneficial to have at your desk to elevate the effected leg.

Keeping the body well hydrated will also keep the blood thinner and keep platelets from clotting. So drink plenty of water especially when exercising.