

MICRO-CIRCULATION PROTOCOL

Why support your micro-circulation?

- Microcirculation supports the delivery of oxygen and nutrients to the body's cells, and the removal of carbon dioxide (CO2) waste from the tissues. This keeps cells and tissues healthy.
- Microcirculation has an impact on blood pressure
- Supporting microcirculation can help support the body's response to inflammation and reduce oedema (swelling & fluid retention)



1

NITRATES:

- Green leafy vegetables - 2 cups day
- Grated beetroot
- Beetroot juice



2

COCOA:

- Raw cacao
- Dark Chocolate (85 % - 90%)
- 20 grams daily



3

ANTHOCYANINS:

- Purple pigment in plants
- 50 to 100 g/day blueberries, raspberries, blackberries etc



4

GARLIC:

- 1/2 to 1 clove of fresh garlic each day
- Mix it with avocado or add it to onion when cooking



5

HERBS & SPICES:

- Turmeric & ginger
- Green tea (3 cups daily)
- Fresh herbs e.g. parsley, rosemary etc.

BREAKFAST:

- Have a chia pudding or granola with raw cacao
- Add berries to a smoothie

LUNCH:

- Add grated beetroot and a cup of spinach to a wrap
- Drink a cup of green tea

DINNER:

- Cook a dish with garlic, ginger and turmeric
- Add a cup of leafy greens