#1 Exercise To Fix Cold Hands & Feet (Boost Circulation Instantly) Transcript

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Cold Hands and Feet: Causes and Overview

Do your hands and feet always stay cold when everyone else is feeling fine and you are trying to use gloves and socks all the time even though you don't feel warm?

Then that means your body is sending signals to you that you do not have proper circulation of blood flow throughout your body. because that blood flow is an essential part which is required for our body to keep warm as well as get proper oxygen all over the body.

But here's the good news. Today, I'm sharing with you a quick two minute exercise which you can literally do anywhere, improves oxygen flow and is going to warm your hands and feet all naturally.

And then in the end, I'm going to share with you this bonus one cup drink that is going to keep your circulation strong throughout the day. and will also keep you warm.

Hi, I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicine plans.

But before I share with you this exercise, first let's understand why are you feeling cold all the time.

Why Circulation Drops: Stress, Hormones, and Sitting

The very first reason for it is high cortisol levels. which is associated with stressful adrenal glands. High cortisol constricts your blood flow and causes poor oxygen supply throughout the body.

How do you get high cortisol? Any kind of stress your body goes through. Whether going through a bad day or having personal life issues or work related stress.

That's the first reason. The second reason is having hormonal issues of thyroid problems, deficiencies of vitamin B12 and iron will also cause it because all of these issues directly affects the blood flow throughout your body.

The last reason over here is poor circulation because of sitting for extended hours. Most of us are spending our days at least sitting for 4-5 hours. Because of that, our body's circulatory system also sleeps as body movement is needed for proper circulation.

And when that doesn't happen, there is poor circulation throughout our body and that's the reason we are unable to maintain the body's temperature. This is where this special exercise which I call circulation pump flow is really great because this blends yoga, breath work and also muscle activation so that it improves blood circulation.

This particular exercise is designed to quickly activate your blood vessels, simultaneously also help in dilation of the blood vessels so that your blood flow and oxygen flow improves and you feel warm in your extremities within minutes.

And the best part, you can do this exercise standing, sitting or even in your bed. So let me share with you exactly how to do this exercise. It is divided into three steps.

Let's start with step one. This is what I call as hand and foot shakes.

Circulation Pump Flow Exercise: Step 1 and Step 2

It is very easy to do. Either you are standing, sitting or lying down and you start shaking both your hands and feet

rapidly. Like simply you are shaking off water and you do this rapid shaking for approximately 30 seconds.

This particular movement activates your microcirculation and stimulates the lymph flow throughout your body. So that way your blood can actually move through the small vessels and small capillaries.

After doing this shaking for 30 seconds, you will already start feeling little tingling and warm sensation in your body. Now let's move on to the step 2. This is what I call as deep pump breathing.

and you do this for 1 minute. For this, you inhale deeply through your nose for approximately 3 seconds. Now without holding your breath, you start exhaling forcefully through your mouth which is going to take you another 3-4 seconds.

While exhaling, you pull your belly in slightly. And you do this rhythm, inhalation and exhalation for 10-12 times. Do this step 2 for approximately 1 minute.

This particular breathing movement releases nitric oxide in your blood vessels. which is a natural vasodilator. That means it opens up small vessels and improves the circulation in your arms and legs.

Plus it also activates your diaphragm and improves the venous return to your heart. That means that the old sitting blood in your arms and legs move out creating more space for new fresh blood to move in.

Now let's move on to the step 3. This is what I call as arm and calf squeeze flow. This is going to take approximately 30 seconds. For this, simply you tighten your arm muscles for just 5 seconds and then you release.

Then you move your attention to your feet and then you move your toes.

Circulation Pump Flow Exercise: Step 3 and How It Works

First you move your toes all the way up as far as they can go and hold this position for 5 seconds. Then you flex your toes as far as they go and you hold this position again for 5 seconds.

This completes one cycle of your arm and toe movement. You repeat this cycle for 4 to 5 times and that is going to take you approximately 30 seconds to complete it.

This specific squeezing motion of your arms and toes moves out the stagnant blood and the old blood. and creating again a vacuum area for that the new fresh blood in to move in and it just works like a pump in your body.

Now let me share with you exactly what is happening inside your body when you're doing these movements. The first thing which happens is that all the skeletal muscles that you are squeezing empties your veins which improves the blood flow which removes the old and the stagnant blood flow which is there in your arms and legs thereby creating a vacuum and a space for the new fresh blood to move in.

With the release of nitric oxide, your endothelial cells which lines your blood vessels get activated which gets dilated that which promotes the flow of new blood throughout your body.

Plus your autonomic nervous system gets a reset which again improves the blood flow throughout your body. And within 2 minutes of this exercise, you will start feeling that your body is warming up and your hands and toes are also warming up as compared to before.

Now, as I promised to you before, let me share with you this bonus one cup drink that is going to improve your circulation further and is going to keep you warm throughout the day.

Beetroot, Turmeric, and Ginger Drink for Warmth

For this, you need one cup of beetroot juice. You need half a teaspoon of turmeric powder. You need half a

teaspoon of ginger powder. You add all of them together and you mix it well and then you can drink it.

Beetroot juice has natural nitric oxide, which is going to dilate your vessels. Turmeric is anti-inflammatory and boosts circulation throughout your body.

and ginger has natural thermogenic activity in your body and helps in raising your temperature naturally. So when you combine this two minute exercise with this one cup of drink, you are going to feel warm throughout the day.

So if you are going through cold hands and feet or you have poor circulation in your body and you're looking for a natural way or a solution or a quick fix for it, then try this two minute exercise, which you can literally do while standing, sitting or even laying down.

and that will activate this blood flow throughout your body and will keep you warm throughout the day. So give this a try today itself and within one week, you should see a benefit in your body by improved circulation and that warmth coming back in your body.

I hope you like this video. If you do, please like and subscribe to my channel as well as share this video with others who can benefit from this great information.

Until next time, take care. Bye bye.