



Newsletter

No. 19

## Edema & Fluid Retention

The accumulation of fluid in the tissues of the face, fingers, feet and elsewhere in the body is spoken of as edema. This fluid is unsightly and unwanted. Puffiness around the eyes is often the cause of great concern mainly because of its cosmetic considerations. It is no less wanted in the ankles or fingers.

There are serious pathological conditions such as congestive heart failure and kidney disease that are accompanied by oedema. Other undesirable forms of fluid retention are:

### **Around the eyes and in the eyelids –**

1. The swelling can be due to recent sleep, which brings a relaxation of the muscles. While awake muscle contraction causes squeezing of the excess fluid that accumulates from the pressure of the heart beat to drain off in the tiny fluid vessels called lymphatics. If the squeezing action of the muscles fails to occur, the fluid is not squeezed into the lymphatics for removal.
2. Another cause of puffiness around the eyelids is the use of fats. Fats alter the ability of the lymphatics to drain fluid, and alter the composition of the blood in such a way that fluid tends to accumulate in the tissues of the face. It takes several weeks to nearly a month to realize a reduction in tissue fluid after the banishment of free fats from the dietary. This diet is not difficult, as it requires only the omission of margarine and butter, mayonnaise, fried foods and cooking oils. Use fruits, vegetables and whole grains as the principle foods, all other foods being used sparingly.
3. Occasionally, a syndrome of puffy eyelids accompanied by dark circles around the eyes may be an inherited characteristic. It may be distressing, especially for younger women where it may be thought to be caused by ill health. A rigorous diet of low fat and low salt is worth a try.

### **The Use of Toxic Substances -**

Alcohol is a toxic irritant to the cells of the body and can result in the accumulation of fluid, because of the injury to the cells. Any high density or concentrated food can cause the accumulation of fluid. In addition to oil, high density foods include salt, sugar, high protein foods, or even foods naturally high in carbohydrates or oils, if eaten generously.

### **Some Remedies To Reduce Fluid Retention:**

1. Drink between 8 – 12 glasses of water a day so that the anti diuretic effect of the hormone from the pituitary gland will be overcome. Water is a safe, natural diuretic.
2. Muscular action, particularly walking, will reduce fluid retention in the legs and will also tend to reduce fluid retention everywhere, although during walking the fingers may swell temporarily. Within an hour of finishing the walk, the swelling of the fingers will be gone.
3. Fasting for a couple of meals is a remarkable and effective way to reduce swelling. It will also prevent the swelling of premenstrual tension.
4. If swelling is due to the presence of varicose veins, the use of elastic stocking and ace bandages, along with the reduction of intra-abdominal pressure (eliminating constipation, overweight and tight clothing can eliminate swelling of the ankles.
5. Loss of sleep is a common offender in the production of fluid retention. The blood pressure tends to be maintained at a high level and lymphatic return of fluid is less effective in sleep loss. The accumulation of fatigue products and toxic metabolites may promote fluid retention.
6. Recently, salt and water absorption from the colon has been found to be enhanced in chronic constipation, which helps to explain why some individuals often have edema.

It should be remembered that if muscles become sore from overuse as in too much exercise in a weight reduction program, the muscles become inflamed and can retain fluid, because they are a bit swollen.

Many a woman feels that her weight reduction program is a failure because of this kind of fluid retention. If, however, she will continue weight reduction, after a few days the inflammation in the muscles goes down, and the fluid is immediately lost, resulting in the loss of several pounds of weight. Vigorous exercise always results in burning up extra calories and increasing the metabolic rate which will eventually result in weight loss.

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## **RECIPES YOU CAN GET YOUR TEETH INTO...**

### **Sweet 'n Sour Cucumber**

1 cucumber  
1 tsp salt  
2 Tbsp castor sugar  
2 Tbsp vinegar  
1 Tbsp sesame oil  
1 small yellow pepper

Cut the cucumber in half lengthways and do not peel. Cut each half lengthways and then into 2.5cm lengths. Place in a bowl and add the salt, sugar, vinegar and leave to marinate for 10 minutes. Serve in a shallow dish adding a few drops of sesame oil and garnish with the sliced peppers.

### **Chargrilled Pineapple with allspice**

1 pineapple, skinned and cut into wedges  
Juice of 1 lemon  
3 Tbsp Fructose  
¼ tsp ground allspice

Heat a griddle pan, and grill the pineapple wedges for a couple of minutes on each side. Meanwhile, place the fructose in a bowl and add the lemon juice and allspice. Once the pineapple is slightly browned, add the liquid and leave overnight in the refrigerator. Fruit can be served in a glass bowl decorated with sprigs of fresh mint.

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Our best service at all times. Please let us know what your needs are and we will try our utmost to source it.

### **Products Available in the shop:**

Woody Cape Chicory, R35.00 per 200g  
Carob Chunks, R19.50 per 250g  
Dessicated Coconut , R3.50 per 50g  
Coconut Flakes , R7.50 per pkt.  
Wakkerstroom Mineral Spring Water, R5.00 per 500ml  
Corn Silk Tea, R8.50 per pkt  
Calmag, R35.00 per 100 tablets  
Magnesium Chloride Supersalts, R25.00 per 120g  
Kelp powder, R13.00 per 120g

**Just Arrived !!**

*Our selection of gifts for the Christmas Season!!!*

*So spend some time browsing at what we have to offer at the Down to Earth Shop  
in Badenhorst Street, Wakkerstroom and then .....*

*Taste our tea and..... Pre-view our Christmas gifts .....*  
*And you may be a winner!!!*

**Date: 25<sup>th</sup> Oct Time 2pm**

**Looking Forward to seeing you there!!**

**THINK ABOUT THIS. . . . .**

*“Live for today, for tomorrow is promised to no-one” - Unknown*

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