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## Jillian Michaels Journal

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Step 1. Wear properly fitting shoes to prevent restricted blood flow due to pressure on the blood vessels in your feet and ankles. Airhealth, a non-profit organization that aims to end flight-induced blood clots, recommends wearing compression boots to constrict the diameter of the veins in the legs and ankles and increase the force of blood flow.

Slow-release carbohydrate foods -- carbs that are absorbed slowly and keep your blood sugar steady -- keep hunger pangs away and help prevent chronic diseases, such as Type 2 diabetes and heart disease. By contrast, carbohydrates that are absorbed quickly -- such as white bread, hamburger buns, cookies, donuts, candy, ...

*Apple Cider Health Benefits | Live Well -*

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*How to Increase Circulation in Feet - Jillian Michaels*

Cider is unpasteurized, unfiltered juice from apple mash -- it contains the juice with sediment and pulp from the fruit. This differs from the apple juice that you buy in the store, which is filtered to remove sediment and pasteurized to improve shelf life. Apples are a healthy, nutritious food selection and cider ...