

Cankles

Cankles is a slang word for when it becomes difficult to tell the difference between the calves and the ankles as there is little or no definition around that area.

Why do people get them?

Cankles for Poor blood circulation. People who get Cankles often also complain of cold and numb feet in the cold and hot, uncomfortable feet in the heat. This is usually due to poor blood circulation. Poor blood circulation can cause blood and fluid to pool around your ankles because it is not able to get back to the heart. By increasing the circulation in that area you are moving the blood back up to the heart. The Circulation Booster stimulates the nerves in the feet which gets the muscles pumping and increases the circulation in the lower legs and feet.



Sedentary lifestyle. People who aren't very active could find they get Cankles as the muscles in the calf may not be able to pump the blood around the body effectively. These people often benefit from exercise to re-activate those muscles however; occasionally this is not effective enough or available to these people. The Circulation Booster provides a similar effect to exercising by stimulating the nerves in the feet which makes the calf muscles contract and therefore increases the circulation in that area.

Cankles can also occur in the following situations:

- Prolonged periods of immobilisation (such as long haul travel or bed bound patients)
- Athleticism
- Pregnancy
- Being overweight
- Increased age
- Muscular injury or burns
- Insect bites or stings
- Infection
- Some medications such as hormones, steroids, anti depressants