



Say Goodbye to Cold Hands and Feet — Start with Nutrition



Humans are warm-blooded, meaning our bodies are designed to maintain a stable internal temperature. We generate heat by metabolizing carbohydrates, fats, and proteins by means of cellular respiration. This heat is then distributed throughout the body by the nervous system, hormonal regulation, and blood circulation.

Why Do Hands and Feet Feel Cold?

Think of your body like a house with a central heating system. To keep every room warm, three things must work properly:

- ① Enough fuel and oxygen to produce heat
- ② Clear pipes to allow warm water (blood) to flow freely
- ③ A strong pump to deliver warmth to extremities

If any of these systems fail—insufficient heat production, poor circulation, or a weak pump—the result is the same: cold hands and feet.

Three Main Causes of Cold Hands and Feet

Think of your body like a house with a central heating system. To keep every room warm, three things must work properly:

1 Low Heat Production: When the body lacks fluids, nutrients, oxygen, muscle mass, or healthy body fat, heat production slows down and metabolism becomes less efficient.

Higher-risk groups include: People with a smaller body frame, older adults, individuals with anemia, women during menstruation, those with unbalanced diets, excessive dieters, individuals with low muscle mass, and low thyroid function.

2 Poor Circulation: Constricted blood vessels, increased blood viscosity, inflammation, or reduced nerve and vascular regulation can prevent warm blood from reaching the hands and feet.

Higher-risk groups include: Individuals with elevated blood pressure, cholesterol, blood sugar, percent body fat, low blood pressure, diabetes, cardiovascular conditions, or those seated for long periods.

3 Reduced Heart Function: If the heart cannot pump blood efficiently, circulation to the extremities becomes compromised.

Higher-risk groups include: People with congenital

heart conditions, valve disorders, irregular heart rhythms, heart

Lifestyle Tips to Improve Warmth and Circulation

Move More: Avoid long periods of sitting or lying down. Aim for at least three aerobic exercise sessions per week to support heart health and circulation. Adding strength training helps build muscle, which increases heat production.

Stay Warm: Wear gloves, socks, and hats in colder weather. Warm baths, foot soaks, or gentle massage for 15–20 minutes can help improve circulation. Recommended water temperature: 38–40°C (100–104°F). Warmth also promotes relaxation and better sleep.

Hydrate and Eat Mindfully: Drink enough water daily (about 30–40 ml per kilogram of body weight).

Limit highly processed, sugary and fatty foods. Avoid excessive caffeine and alcohol, especially before bedtime, as alcohol may temporarily dilate blood vessels but ultimately increases heat and fluid loss.

Nutritional Strategies to Support Internal Warmth and Circulatory Health

① Fuel Your Body Properly: Balanced intake of carbohydrates, healthy fats, and protein provides the energy needed for heat production. Increases heat and fluid loss.

Iron, B vitamins, and antioxidants support red blood cell production and oxygen delivery. Antioxidants also protect red blood cells from oxidative damage.

Good sources include barley grass, wheatgrass, vitamin C, citrus bioflavonoids, and berry polyphenols.

② Support Healthy Circulation: Ginkgo biloba, hawthorn, and blueberries help improve blood flow, support blood vessel function, and reduce inflammation.

Fish oil (Omega-3 fatty acids) supports healthy triglyceride levels, reduces inflammation, and helps maintain flexible, healthy blood vessels.

Garlic extract may help lower LDL cholesterol, support healthy blood pressure, and improve overall vascular health.

③ Strengthen the Heart's Energy System: The heart relies heavily on mitochondria—often called the “power plants” of our cells—to produce energy.

Coenzyme Q10, along with key vitamins and minerals such as B-vitamins, iron, zinc, selenium, and antioxidants, plays a vital role in energy production. As we age, natural CoQ10 levels decline. Research suggests that supplementing 100–300 mg of CoQ10 daily can support heart health, improve energy production, and reduce the risk of heart-related complications.

Warm Your Body from the Inside Out

By combining healthy habits with targeted nutrition, you can support circulation, boost energy, and finally say goodbye to cold hands and feet—naturally and effectively.