

Swelling in feet and ankles is called edema, and there are a lot of things that can cause it, from high blood pressure to pregnancy. What's happening is your body is having difficulty fighting gravity to move blood and fluids back up your legs, so your ankles, feet, and even your legs can swell. Swollen ankles can also be from a lack of exercise of feet, ankles and legs, excess salt and/or low iodine. When sitting relaxing and at computers keep feet raised.

At 81 we stopped taking chelated (means contains mercury) copper capsules which were changing my grey hair to brown, and I stopped all sweeteners except a teaspoon of Queen Maple syrup or Ceres Natural Organic Grade B Maple syrup in decaffeinated green tea twice a day. Both these maple syrups contain copper and no mercury or toxins that some Maple syrups contain. Copper also softens bones so makes them less brittle.

Shallow swimming fishes like John Dory, and others, depending on their location and sardines, are lower in mercury than deep sea ones such as Orange Roughy, which should be avoided. Also avoid seaweeds because the world is now so polluted and the sea is its sewer. All items around White Island volcano and south of it, where the current goes to Wellington are polluted with it's mercury. All fishes there are high in mercury.

Some medicines can cause swollen ankles.

Amlodipine besylate, supposed to lower my blood pressure is one that caused my swollen ankles.