HEMORRHOIDS aka PILES

Hemorrhoids are swollen veins around the anus and in the rectum which may or may not protrude from the rectum. They can be caused and aggravated by sitting, or standing for prolonged periods, lifting heavy objects, straining at bowel movements, bouts of diarrhea, pregnancy, obesity, lack of exercise, liver damage, food allergies, and not enough eating of dietary fiber.

Symptoms: itching, burning, pain, inflammation, swelling, irritation, bleeding.

<u>Remedies:</u>

- **Because this is a vein weakness, taking extra bioflavonoids along with Vit. C will help strengthen the walls of the veins. Also Horse Chestnut is another remedy to help. Don't go eating Horse Chestnuts, they are not the same as Chestnuts that we roast at Christmas time. Horse Chestnut Seed Extract is used for chronic vein insufficiency which can happen in the legs, nose (nose bleeds), and rectum.**
- **Keep off your feet, try and elevate them when you are in bed with a pillow under the lower part of the legs.**
- **Having a nice hot bath will usually help. Add epsom salts can make it even better.**
- **Increase the fiber in your diet. Drink lots of liquids to keep constipation at bay.**
- **Take 1-2 Tbsp flaxseed oil daily to help soften stools.**
- **Include these foods in your diet: alfalfa, blackstrap molasses, dark green leafy veggies (all high in Vit. K)**
- **Avoid using strong or harsh laxatives.**
- **Avoid long periods of sitting or standing.**
- **Wear loose clothing (eg. Avoid tight jeans)**
- **Cold compresses can be very helpful.**
- **For external hemorrhoids dab on Witch hazel. Don't use alcohol, perfume or irritants on the hemorrhoids.**
- **Coconut oil – consume it as well as applying externally to hemorrhoid with a cotton ball, or add to your bath.**
- **1/4 cup witch hazel into a basin of warm water, sit in it as long as possible whenever possible.**
- **make a suppository from the aloe plant: cut a piece about 1 1/2 inches long by 3/4" wide, leave skin on the flat side, peel founded side, folding the piece of the plant in the center lengthwise. You will need to do a couple of times.**
- **sitz bath of boiled marshmallow weed stems, leaves, roots. Three sitz baths a day.**
- **a small handful of cranberries in the blender, chop fine. Wrap about 1 tbsp in a piece of cheesecloth, tuck in the area. Within 30 minute you will feel the pain being drawn out, after about an hour the cloth will turn from bright red to brownish and you will need to apply a new compress.**
- **A slice of raw potato and liquid vitamin E. Cayenne works great to stop itching and bleeding fast and promotes healing but it does burn for a few minutes.**