



Digestion Protocols: Hemorrhoids



Hemorrhoids are an uncomfortable – and, often times, embarrassing -- condition.

The term refers to a condition that occurs when veins around the anus, or just inside the anus, become distended and inflamed.

Reports suggest that 50% of both men and women have hemorrhoids by the age of 50.

Hemorrhoids can be uncomfortable, and they can lead to anemia through blood loss.

Symptoms of Hemorrhoids

- Bright red blood covering the stool or toilet paper
- Lumps or swelling around the anus
- Pain around the anus
- Itching around the anus or rectal area

Evaluations

- Symptom survey
- Videoanoscopy
- Flexible proctosigmoidoscopy
- Colonoscopy
- Digital rectal exam



Common Causes of Hemorrhoids

- Prolonged sitting on the toilet
- Straining or pushing a bowel movement
- Chronic constipation
- Food irritants such as spicy foods, caffeine, and alcohol
- Being stressed
- Pregnancy
- Obesity
- Chronic diarrhea
- Chronic venous insufficiency: general weakness in the veins
- Inflammatory bowel disease, i.e., Crohn's disease or ulcerative colitis
- Portal hypertension, i.e., liver cirrhosis
- Aging
- Sedentary lifestyle
- Low-fiber diet
- Excess sugar or refined carbohydrates
- Food allergies and sensitivities

Lifestyle Habits to Improve Hemorrhoids

- Increase exercise
- Apply cooling agents such as aloe vera gel or coconut oil to the anus
- Use witch hazel compresses instead of toilet paper
- Apply an ice pack to the affected area to reduce swelling
- Sit on a soft cushion
- Colon hydrotherapy
- Epsom salt sitz bath (alternating warm and cold water bath for buttocks and hips)
- Eliminating when the urge arises
- Squat, don't sit, on the toilet
- Increase stress management techniques such as yoga, qi gong, or meditation
- Aromatherapy using oils such as cypress, geranium, and myrrh



Dietary Habits That Can Improve Hemorrhoids

- Increase fiber intake with foods such as flax seeds, almonds, and prunes
- Increase water intake (half your body weight in fluid ounces)
- Avoid hydrogenated and processed foods
- Avoid fatty foods
- Avoid alcohol
- Detoxification and fasting
- Increase probiotic foods like sauerkraut, kefir, and cultured vegetables

Herbs and Nutrients to Improve Hemorrhoids

- Acacia fiber
- Anthocyanins in dark, red berries, blueberries, cherries, grapes, and red cabbage
- Bayberry bark
- Beets
- Bilberry
- Butcher's broom
- Carob
- Chamomile
- Collinsonia root
- Flavonoids found in lemons, limes, apples, tomatoes, onions, and carrots
- French maritime pine bark extract
- Fresh ground flax seed
- Garlic
- Gingko biloba
- Glucomannan
- Gotu kola
- Horse chestnut
- Pilewort
- Plantain
- Psyllium seed husk powder
- Rutin
- Triphala
- Vitamin C