

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 carrot
- ☐ 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