

# HEMORRHOIDS

Hemorrhoids are bulging veins in the rectum (internal) or anus (external) and are similar to varicose veins in the legs.

## POSSIBLE CONTRIBUTING FACTORS



- Chronic constipation/straining or frequent wiping from loose stools
- Impaired small vessel circulation
  - Check for anemia, MCV to be < 90 fL on CBC
  - Check and address sleep apnea, asthma or other circulatory issues
- High oxidative stress
- Inadequate cortisol (hypoadrenal function) which affects venous pressure
- Other common life dynamics: pregnancy, heavy lifting, and/or dehydration

## LIFESTYLE & DIETARY RECOMMENDATIONS



- Avoid trans fats, highly processed, genetically modified omega-6 vegetable oils, & sugar
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Emphasize a phytonutrient-rich diet, full of colorful vegetables, berries, herbs & spices
- For constipation, increase hydration, insoluble fiber, and healthy fats
- Epsom salt baths to bring on board more magnesium which can help with constipation
- Use of a 'squatty potty' to help position pelvis properly to prevent straining
- For loose stools, increase soluble fiber like psyllium husk and chia seeds to slow transit down
- Stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc)
- Avoid using perfumed soaps, toilet paper or wipes which can be irritating and/or drying
- Wear loose fitting clothing and breathable underwear (e.g. cotton) to avoid further irritating the area
- Limit prolonged sitting on the toilet which places additional pressure on hemorrhoids

### Rapid Relief Suggestions While Address Root Cause:

- Cool compress or ice pack
- Epsom salt or warm sitz baths
- Aloe vera
- Witch hazel applied externally
- Homeopathy relief (ex. this by Healing Natural Oils and this by Professional Formulas)

## SUPPLEMENT CONSIDERATIONS



- Methylated B complex for macrocytic anemia
- Mixed bioflavonoids like rutin plus horse chesnut (1,500 to 2,500mg per day)
- Mervia curcumin & omega-3 if needed to reduce oxidative stress
- Magnesium citrate for constipation
- Adrenal adaptogens and/or glandulars