

# Hemorrhoid No More™

*The Secrets To Curing  
Your **Hemorrhoids** Holistically*



**A Unique Step By Step Holistic System  
Guaranteed To Eliminate Your Hemorrhoids  
Permanently Giving You Lasting Freedom  
From Hemorrhoids, Constipation and Other  
Related Digestive Disorders**

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# Introduction

## *Why Hemorrhoids Are Nothing to Be Ashamed Of*

I stood in the pharmacy aisle, staring at the package. Dare I pick it up and bravely head toward the counter? For just a split second I thought about stuffing it into my jacket and walking out the door. But what would be more embarrassing -- getting caught *buying* Preparation H or getting caught *stealing it*? I could see the headlines now: Local health writer turns research into crime!

I had hit a new low and I knew it. The problem wasn't money. I certainly had enough cash on hand to make this important purchase. The problem was more complicated than that: I was embarrassed to admit that I not only had hemorrhoids, but I was suffering with them and needed relief -- fast!

Why are we so ashamed to admit that yes, we have hemorrhoids? Nearly half of the population will suffer with hemorrhoids at some point of their lives, so why do we feel the need to hide our affliction?

Hemorrhoids are more common than you might think. Sit in a roomful of strangers and look around. Now consider this startling fact: nearly 80% of the



people around you have had some sort of colon rectal issue – including hemorrhoids – at some point in their lives. Unfortunately, most of them suffer in silence. That is a lot of people hiding a big pain in the butt – literally!

Hemorrhoids may be a subject not easily talked about, but that doesn't mean they are not causing a lot of unnecessary suffering. Why tolerate the pain and discomfort of hemorrhoids when there is help available? Don't let embarrassment or shame keep you from finding the relief you need and deserve.

## ***What This Book Is About***

When you picked up this book you may have thought that it was about finding relief for your hemorrhoids. Well, it isn't! Yes, we will discuss practical ways to find relief, but this book offers more than some temporary relief. Instead of using a cream or lotion to ease the discomfort you feel, wouldn't you rather put an end to your suffering once and for all?

*The Hemorrhoids Book* is designed to help you figure out the cause of your hemorrhoids so you can both **prevent** and **cure** them for good.

## ***How to Find the Information You Need***

Organized in an easy-to-read; easy-to-follow format, *The Hemorrhoids Book* is divided into five main sections, offering important information and practical help regarding every aspect of hemorrhoid diagnosis, prevention and treatment.

In Section One you will learn everything you need to know about hemorrhoids -- and a few things you probably never wanted to know! This section will explain what hemorrhoids are (and aren't); the differences between a hemorrhoid and a fissure; the lessons to be learned from constipation and the main causes for your discomfort.

Once you understand hemorrhoids more, section two will cover conventional treatments and surgery by delving into the signs and symptoms of external and internal hemorrhoids; risk factors; diagnostic procedures; medications and more.

For those who want to take care of their hemorrhoids on their own – or can not wait for a doctor to prescribe the right relief, Section Three will offer a 48-hour quick fix that outlines a variety of recipes for hemorrhoid care including several fast-acting ointments and cures that can be used at home.

Taking the quick-fix option a step further, Section Four offers an intensive 3-step holistic approach to freeing yourself of hemorrhoids and constipation.

- Step One talks about the dietary changes that can be used to optimize digestions and keep hemorrhoids at bay.
- Step Two discusses herbal and vitamin relief as well as the ways Traditional Chinese Medicine can be used to help the body treat hemorrhoids on its own more naturally.
- Step Three explains the importance of cleansing and detoxifying the liver in order to cure your hemorrhoids for good.
- Step Four shows you exactly how to get rid of Candida infection and the importance of flooding your system with probiotics.

In addition to these important treatment options, step five will also include discussions on the following:

- a. using stress control as a hemorrhoid preventer
- b. the importance of exercise
- c. getting enough sleep
- d. the dangers of straining and tips of training your body to use the toilet properly
- e. implementing tummy massage
- f. Thermoherapy
- g. the reasons why your posture could be causing your problem

h. habits to avoid

Of course, no discussion on hemorrhoid treatment would be complete without covering these important topics in Section Four:

- Homeopathy
- Acupuncture
- Yoga
- Inversion Therapy

To ensure that you have all of the information you need to treat your hemorrhoids, we have also included a Glossary and Links & Resources Section in the back of the book for you to use.

## ***Why I Wrote This Book: My Story***

With so many topics to write about, why choose something as difficult and embarrassing as hemorrhoids? Simple. I know how it feels to suffer from this painful condition and I wanted to put my research ability and my personal experience together to write a book that could help myself and others finally find relief. So I set out on a journey to discover anything (and everything) that I could related to hemorrhoids. While looking for my own relief I discovered much, much

more. I found a real cure. No, not just something to alleviate my symptoms for awhile, but an honest to goodness way to rid myself of hemorrhoids forever.

Now I'm going to share my newfound knowledge with you! If you are ready to leave behind the pain, discomfort and embarrassment of hemorrhoids than turn the page. There's no time to lose. Relief is waiting!



# **Chapter One:**

## **Everything You Need to Know About Hemorrhoids**

If you have picked up this book, the odds are good that you either suffer from hemorrhoids yourself, or you are intimately close to someone who does and are ready to end the cycle of pain and suffering they can cause. Before we can discuss the natural ways in which you can cure your hemorrhoids, it is important to understand what they are and what causes them.

I know, I know, some of your reading this book may find a detailed chapter on the makings of a hemorrhoid rather distasteful. But trust me when I say, the more you understand what they are (and aren't), the better prepared you will be to find the hemorrhoid treatment that will work best for you.

### ***What Are Hemorrhoids?***

When you think of hemorrhoids, you may think they are some strange and disgusting growth inside your anal cavity. That assumption would be completely false. Not really a growth at all, hemorrhoids are simply the veins inside of the rectum. Everyone has them. As a matter of fact, we have a lot of them!

The hemorrhoidal plexus is the place in the rectum where this intricate weave of veins connect together in a sort of web, keeping the blood flow constant between that area and the rest of the body.

The veins inside of the rectal opening are called internal hemorrhoidal veins; while the ones located outside of the rectal opening are called external hemorrhoidal veins. The odds are that you never even noticed that these veins existed, until they became inflamed, causing the problem most people refer to as “hemorrhoids.”

The same kind of varicose veins we see protruding from the skin in our legs, hemorrhoids are merely protruding internal or external veins that have become irritated and inflamed due to a specific cause. When severe, they can cause intense pain, stinging and even bleeding and must be dealt with. Even a minor case of hemorrhoids, however, should not be ignored. They are a sign that something in the body is not working properly and needs your attention.

## ***Types of Hemorrhoids***

Although they may feel similar, not every hemorrhoid is alike. First, there are internal and external ones. Internal hemorrhoids are enlarged veins which protrude (or prolapse) out of the opening of the anus. They usually hurt and can even bleed.

External hemorrhoids usually do not hurt, but can cause some bleeding, itching and even a bit of discharge. On occasion, a blood clot can develop within the vein, which feels like a hard marble in and around the anus. This is caused a thrombosed hemorrhoid and can be extremely painful. Depending on their severity, a thrombosed hemorrhoid may need to be removed surgically.

Within these two hemorrhoidal groups are several classifications or grades of severity for hemorrhoids. They include:

- **Grade One:** this is the least painful and problematic of all hemorrhoid grades. Symptoms include a slight enlargement of the hemorrhoidal veins, with the possibility of some slight bleeding.
- **Grade Two:** during this stage of hemorrhoidal growth, hemorrhoids prolapse during straining, but recede on their own.
- **Grade Three:** a more complicated and painful type of hemorrhoid, in grade the vein proleptoses and must be manually pushed back in. Bleeding usually occurs.
- **Grade Four:** the most painful of all hemorrhoids, grade four's are so large they are always noticeably protruding from the anus and bleed frequently. They are also very painful.

## *The Difference Between A Fissure and a Hemorrhoid*

Most of us confuse fissures with hemorrhoids. After all, they both cause pain and discomfort in the same bodily region and can result in rectal bleeding. It is important, however, to understand that they are not the same thing.

As we have already discussed, a hemorrhoid is a varicose vein in or around the rectum. A fissure is a small tear in the hemorrhoid (vein) or the actual intestinal wall. This is what causes the bleeding that is experienced with fissures.

Although they are not dangerous in and of themselves, fissures can be a sign of a more serious problem and should be looked at by your doctor.

Some common causes for fissures include:

- constipation or hardened stool
- poor digestion ( which causes foods and waste travelling through the intestine to become acidic)
- Crohn's Disease
- Irritable Bowe Syndrome

## ***Is Constipation Causing Your Hemorrhoids?***

Constipation is the #1 cause of hemorrhoids, making it vitally important to learn what causes those stools so hard to pass in order to alleviate a whole host of symptoms.

Maybe you have never thought of constipation as a real problem. Let me assure you that it is! Left untreated, constipation can lead to a variety of problems ranging from a simple upset stomach and some bloating to rheumatoid arthritis, a lowered immune system, colitis, diverticulitis and even appendicitis.

Every time you eat, your body produces a certain amount of waste. Left inside the colon for too long, this waste material becomes a breeding ground for bacteria, which can lead to illness and afflictions such as:

- chronic headaches
- bad breath
- dizziness
- nausea
- mouth ulcers
- lower back pain
- Hemorrhoids
- insomnia
- varicose veins



- acne

Being constipated is a signal from your body that your digestive system is not working properly. Maybe it is a temporary problem, or maybe it is chronic. Either way it is important to listen to what your body is telling you and take action.

Most of us know the common symptoms of mild constipation (bloating, stomach distention and basic malaise), but did you also know that constipation can cause these other symptoms?

- low appetite (or cravings for certain foods)
- muscle aches and headaches
- a dry mouth
- malnutrition
- low blood sugar
- mood swings
- And of course, hemorrhoids!

While these are the most common symptoms of irregular constipation, some people are constipated so often that they do not even recognize its signs. To determine if you may suffer from chronic constipation, ask yourself these important questions:

1. *Do I often feel the urge “to go” but can’t?*
2. *Do I have less than 1-3 bowel movements per day?*
3. *Are my stools hard?*
4. *Are my stools of an irregular shape?*
5. *Is the amount of my excretion very small compared to the amount of food I eat?*

If you answered yes to one or more of the questions above, you may suffer from chronic constipation. To obtain optimal colon health, most experts agree that most people should have between 1-2 soft bowel movements per day. If not, there may be a problem.

Not getting rid of the toxins sitting in your colon can wreak havoc on your health and well-being. So be sure to take your symptoms seriously. Your well being may depend on it.

So what causes constipation? It is almost always a patient’s diet. Without enough fiber and roughage (you know the stuff found in fresh fruits and veggies), the body is unable to keep things moving through the intestines fast enough to flush the colon properly.

That said there are three things you can do right now to help move things along.

**Tip # 1:** *High fiber foods help to absorb more water within the body, which acts as a stimulant to our natural plumbing. Eating more low-starch foods, carbohydrates and natural food products can all help to lubricate your pipes and keep toxins and bacteria from building up in your colon.*

**Tip # 2:** *Moist foods move more quickly through the intestines and colon than dry foods. Eating things that are either already moist, or are designed to absorb water in the body can help keep you regular.*

**Tip # 3:** *Add some oil to your diet. Believe it or not, ingesting some sort of food oil on a regular basis can help lubricate your system and keep in running smoothly.*

## ***What's Causing Your Hemorrhoids***

Certainly, constipation is a big reason for many of the hemorrhoid outbreaks in the world, but it is not the only cause for this painful condition. Here are 10 of the most common causes of hemorrhoids and other colon-related problems:

## ***Dietary Choices, Over-Acidity and Sluggish Digestion***

Stools become hard and difficult to pass when you don't eat enough fiber and roughage. This can cause hemorrhoids. Therefore, it is very important to eat a well-balanced diet rich in fresh fruits and vegetables. Drinking lots of water too is important to keeping bowel movements regular enough to avoid hemorrhoids.

A diet high in refined carbohydrates, processed and toxic foods and low in fresh fruits and vegetables affects biochemical processes within the cells, worsens digestion and interferes with the natural toxic elimination process. Furthermore, it also feeds Candida infection, which thrives on refined carbohydrates such as sugar, white flour and white rice and can lead to Hemorrhoids since its overgrowth causes fermentation in the colon and constipation.

Lack of nutrition is another factor. Our body needs to obtain about 40 essential vitamins, minerals and nutrients to enable the cells in our bodies to fully function and remain healthy. These nutrients mostly come from our diet since the body cannot produce them by itself. When we eat more processed foods and less foods with high nutritional value, the immune system declines. With a weakened defense system, we make it easier for Candida to multiply and aggravate digestive problems and hemorrhoids.

Over-acidity in the digestive system, usually due to a diet high in acidic foods, is another major factor. A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for Candida overgrowth (more on the acid-alkaline balance later), making the stomach content more acidic, which in turn causes more damage when it contacts the lining of the intestines.

When our digestion is optimized, it helps in expulsion of yeasts and bacteria. When our digestive system is sluggish due to several factors discussed in later chapters, undigested food and rotten food particles that circle the blood stream

and are stored in the digestive tract will accelerate many disease symptoms including Candida and Hemorrhoids.

## ***Candida Albicans Overgrowth***

Hemorrhoids originate in the colon. It's also the result of years and years of a fungal yeast infection that builds up in the colon. When Candida albicans turn from yeast to fungi, they depress the immune system and produce more than 79 distinct toxins that may be responsible for many of the symptoms that Candida sufferers have including hemorrhoids. When Candida gets out of control, it breaks through the intestinal walls and travels throughout the body. It can attach itself to the genital areas, the mouth and the anus among many other parts of the body.

### **The following is a simple and easy-to-use home test for Candida:**

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of Candida yeast infection, you will see strings in the form of legs that travel down into the water. If you have a systematic advanced case of Candida yeast infection, you will see your saliva sink to the bottom of the glass.

Bear in mind that most people fail the test. I have failed it big time when I first applied this self-diagnosis test. Only in rare cases or after you have eliminated your Candida will the saliva remain floating on the water.



## ***Auto-Intoxification***

Our constant exposure to thousands of toxins on a daily basis through the food that we eat, the air that we breathe, the drugs that we take and the poor quality of our water supply all lead to toxic buildup in the blood, lymph, kidneys and colon. This leads to short-term and long-term health conditions. Among them are hemorrhoids.

You can take thousands of herbs, supplements and over-the-counters to combat your hemorrhoids, but without cleansing your internal system and your digestive tract in particular, it will be like painting a rusty car, and you will never get rid of hemorrhoids.

The root of all Western afflictions is “auto-intoxification” caused by a huge amount of undigested food and dead fecal matter trapped inside your intestinal tract, along with a potentially sluggish digestive system. As mentioned earlier, poor digestion is one of the main hemorrhoids contributing factors along with other ailments.

By the time you have cleansed your internal system, your detoxification process and your immune system will vastly improve, and your digestion will become enhanced. You will feel more energetic and healthier, and conditions such as hemorrhoids will become a thing of the past.

### ***Being Too Fat (obesity)***

Here is one more reason to keep your weight in check – carrying extra pelvic and abdominal weight can put pressure on the pelvic veins which can cause hemorrhoids.

### ***Not Moving Enough (exercise)***

Being sedentary; sitting for long periods of time at a desk -- or even standing all day in the same basic position -- can cause your muscles to lose much of their elasticity, which can in turn make it harder to pass stools properly.

### ***Pregnancy***

It is not at all uncommon for a woman to experience hemorrhoids throughout pregnancy, especially during the last trimester when the extra weight of her uterus begins to bear down on veins in the rectum.

### ***Holding It (postponing a bowel movement)***

If you are in the habit of holding your bowel movements for any reason you may be setting yourself up for hemorrhoids. While it is okay to hold off on a bowel

movement once in awhile, doing so regularly can cause backed up fecal matter to harden which can create pressure in the muscles and veins in and around the anus.

### ***Straining***

Straining due to constipation or hardened stools can (and will) cause rectal swelling, which can eventually lead to tears in the hemorrhoidal veins, thus causing hemorrhoids.

### ***Constipation***

As discussed, constipation (or irregular bowel movements), can cause swelling of muscles and veins in and around the anus, that, when torn, by straining and passing of hard stools can cause hemorrhoids.

### ***Diarrhea***

Although diarrhea is loose and easy to pass, it is often quite acidic which can also cause swelling of the veins in the rectum.

### ***Diseases and Illness***

There are several diseases and ailments which can cause hemorrhoids. Here are just a few:

- *colon rectal cancer*
- *intestinal tumors*
- *heart ailments*
- *irritable bowel syndrome*
- *colitis*
- *liver disease*

### ***Stress and Inadequate Sleep***

Stress invoked either by inadequate sleep, emotional issues, anxiety or pressure in your daily routine have been scientifically proven to trigger digestive problems, weaken the immune system and encourage Candida overgrowth (because the body releases a hormone called cortisol, making your body defenseless against Candida), which can contribute to Hemorrhoids.

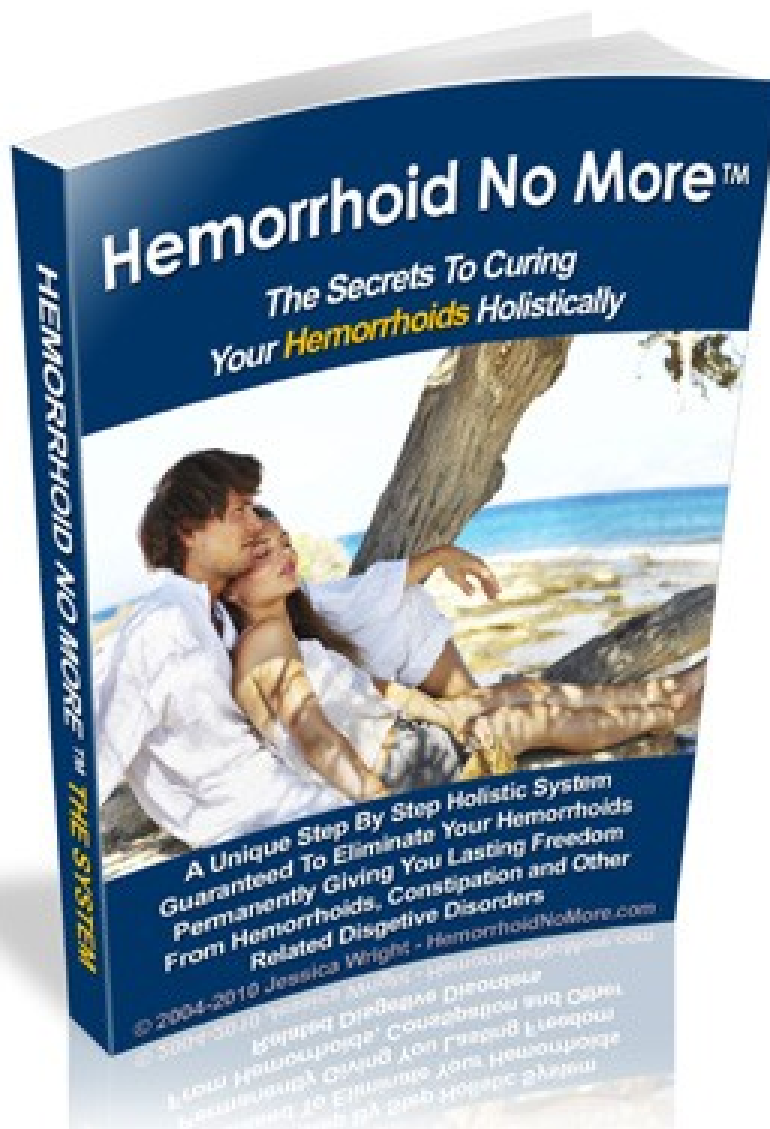
Stress also elevates blood sugar levels that feed Candida cells and changes our bacterial internal environment in the gut as it decreases the friendly bacteria and allows Candida to take over, resulting in the aggravation of Hemorrhoids.

## ***Your Family Tree (genetics)***

Some people are simply born with weak veins. Those with weak veins are more susceptible to hemorrhoids, especially in combination with other risk factors such as standing or sitting a lot.



end of free chapters



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