

Hemorrhoids - Easy Alternativ Treatment

HemorrhoidEasy



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Intro:

Hy..... I am Dr. William Scott and I shall be happy if my ebook will be useful for you. On this short presentation I shall explain you what determined me to create „Hemorrhoids - Easy Alternativ Treatment” or shortly „HemorrhoidEasy”.

Why??..... Because as you all, I had this problem and I am exhausted spending money for chemical drugs when is possible to cure this diseases in a natural way.

„Hemorrhoideasy” is a 6 years work research based on creating the most efficiently and simplest way to fight against this delicate problem with hemorrhoids. An alternative treatment that can be simply done at home whenever you need without having to waste time on the road to the doctor .

You just have to trust, that you can use another way, a bio , natural , better way for our body.

With this treatment in only few days you will able to get rid of this problem.

It worked on me and on most of those who have tried this treatment . I am sure that if you will follow this steps, you will succeed.

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Introduction:

Hemorrhoid disease is a common condition often in our present society. Occurs in one of three persons and affects equally men or women.



86% of global population is affected by hemorrhoids . Besides that , it is estimated that half of the population will suffer from this disease until they reach 50 years. On the other hand ,a study made by a group of american researches it show that almost 50% of the population under 50 years suffer from this disease. Even if this affection manifest itself in the past, mainly on the people that past 50 years old, in our times it is often met on the young people, regardless if are women or men.

This affection often passes unnoticed because there are not semnificative changes in our health. However it is extremely important to try and treat from the first sign because this disease can have a major impact on our body or can be easily confused with some other serios conditions.

Hemorrhoids are a taboo subject because not anybody can acknowledge the fact that they suffer from this condition, and because not many people knows actually what hemorrhoids mean. Although it is painful, hemorrhoids usually are not dangerous and can be treated by a good diet and using drugs or different treatments.

Hemorrhoids History

The first known mention of this affliction is from a 1700 BC Egyptian papyrus, which advises: "... Thou shouldest give a recipe, an ointment of great protection; acacia leaves, ground, titurated and cooked together. Smear a strip of fine linen there-with and place in the anus, that he recovers immediately." In 460 BC, the Hippocratic corpus discusses a treatment similar to modern rubber band ligation: "And hemorrhoids in like manner you may treat by transfixing them with a needle and tying them with very thick and woolen thread, for application, and do not forment until they drop off, and always leave one behind; and when the patient recovers, let him be put on a course of Hellebore." Hemorrhoids may have been described in the Bible, sometimes using the obsolete spelling "emerods".



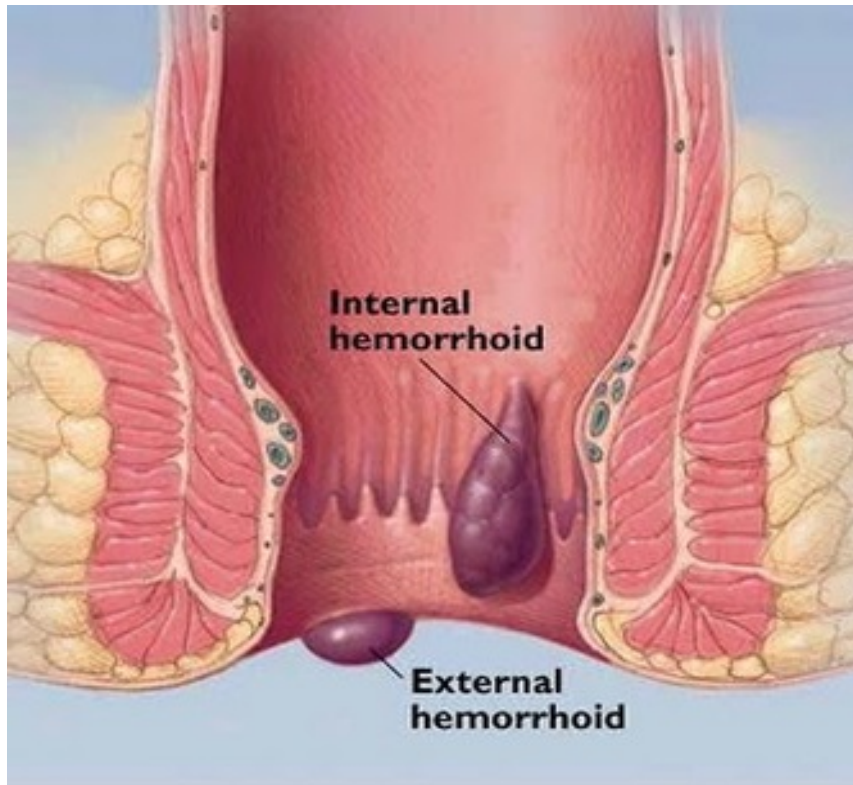
In medieval times, hemorrhoids were also known as Saint Fiacre's curse after a sixth-century saint who developed them following tilling the soil. The first use of the word "hemorrhoid" in English occurs in 1398, derived from the Old French "emorroides", from Latin hæmorrhoida, in turn from the Greek αἱμορροΐς (haimorrhōis), "liable to discharge blood", from αἷμα (haima), "blood" and ῥοός (rhoos), "stream, flow, current", itself from ῥέω (rheo), "to flow, to stream".

In those times, hemorrhoids were divided in 24 types, by size, shape and location. People say that hemorrhoids is the price which humanity pays by evolving from four- footed stage to biped. On humans, very distinguished from animals, the center of gravity is in the back, in the pelvis area, a big amount of blood is concentrated in the inferior area of the pelvis and in the veins that reach the large intestine, and this is what determines pressure on the blood vessels from the pelvis area .This pressure represents one of the main factors when hemorrhoids appear.

What is hemorrhoid disease?

To understand why we create this method of treating hemorrhoids, you must know what are hemorrhoids.

Hemorrhoids are vascular structures in the anal canal which help with stool control. They become pathological or piles when are swollen or inflamed. In their normal state, they act as a cushion composed of arterio-venous channels and connective tissue.



The symptoms of pathological hemorrhoids depend on the type present. Internal hemorrhoids are usually present with painless rectal bleeding, while external hemorrhoids may produce few symptoms or thrombosed significant pain and swelling in the area of the anus.

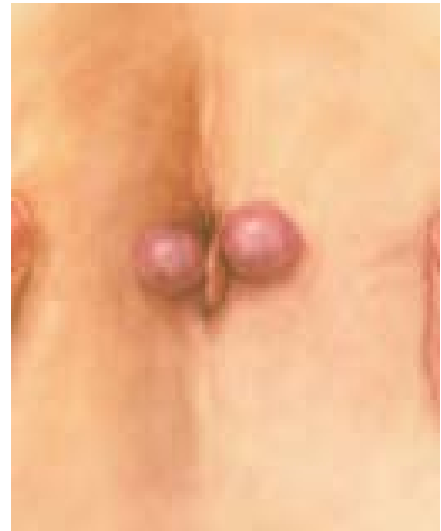
We could imagine hemorrhoids as some swellings related with those we can see on legs (varices). Therefore, there are some swollen veins on the the rectal area and around it.

Internal and external hemorrhoids may be present differently; however, many people may have a combination of the two. Bleeding significant, enough to cause anemia is rare, and life-threatening bleeding is even more uncommon. Many people feel embarrassed when facing the problem and frequently seek medical care only when the case is advanced.

External hemorrhoids if not thrombosed, may cause few problems. However, when thrombosed, hemorrhoids may be very painful.

They occur below the dentate or pectinate line. They are covered proximally by anoderm and distally by skin, both of which are sensitive to pain and temperature.

These lie just outside the anal opening, where they primarily cause symptoms of swelling or bothersome protrusions, and sometimes discomfort. Swelling and discomfort may occur only intermittently. **EXTERNAL HEMORRHOIDS** may also cause difficulties keeping the anal area clean after bowel movements. External hemorrhoids sometimes develop a blood clot inside of them (“thrombosis”), often after a period of diarrhea or constipation. In that case, it produces a sudden firm and painful swelling or lump around the rim of the anus.



Internal hemorrhoids lie inside the anal canal, where they primarily cause the symptom of intermittent bleeding, usually with bowel movements, and sometimes mucous discharge. They are usually painless. Internal **HEMORRHOIDS** also may protrude (prolapse) outside the anus, where they appear as small, grape-like masses. Usually the **PROLAPSED HEMORRHOID** can be pushed back into the anus with a finger tip.

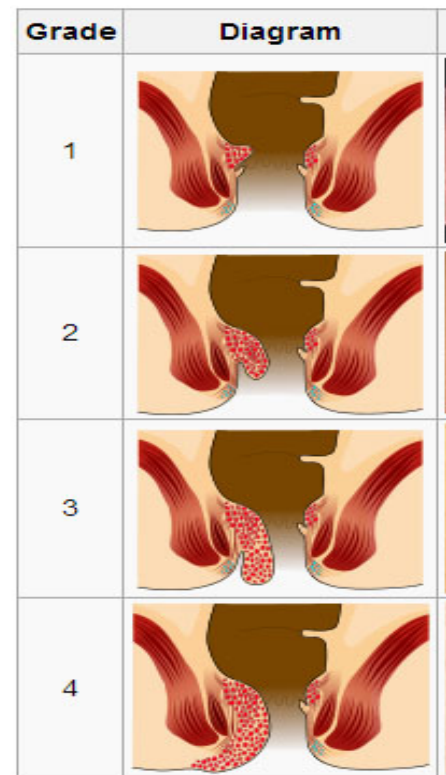
Internal hemorrhoids originate above the dentate line. They are covered by columnar epithelium, which lacks pain receptors. They were classified in 1985 into four grades based on the degree of prolapse:

Grade I: No prolapse, just prominent blood vessels

Grade II: Prolapse upon bearing down, but spontaneous reduction

Grade III: Prolapse upon bearing down requiring manual reduction

Grade IV: Prolapse with inability to be manually reduced.



Patients with internal HEMORRHOIDS present differently than do patients with symptomatic EXTERNAL HEMORRHOIDS. Symptoms may include bleeding, protrusion, fecal soiling, and itching. Because the columnar mucosa involved in internal HEMORRHOIDS lacks nerve endings, pain is typically not present. If a patient with enlarged internal hemorrhoids complains of pain, look for another source (eg, a fissure). Internal hemorrhoids often coexist with external hemorrhoids

Hemorrhoids symptoms:

Regarding the symptoms, these are different from one patient to another, but most common symptoms, that announce the disease are itching on the injured area , sometimes, beside this itching you will feel also some burns or bleeding, but only in severe cases.

The first symptom that announces you the presence of hemorrhoids is pain, mainly during the stool. For some people, the fear of pain may cause constipation , leading to a worse situation.

In case you have these itching and you feel a recto-anal heaviness especially in defecation, then it is possible to have this hemorrhoidal disease.

This itching is located on the anal verge or in buttocks region. This appears due to mucus that irritate the skin and from the infections that are related with this disease. Itching can be so annoying that may result to a rash .

The feeling of ano-rectal heaviness may be present because the internal hemorrhoids are felt like a strange corp inside us. Also because of that, the continence is unbearable. It also occurs transit disorders like feeling a stool, but without bowel movement , you may have a small bleeding with a few drops, followed by anal tension.

Other signs of hemorrhoids are bleeding on the surface of the stool and are not mixed with faeces. The colour of the blood is a perfect red and you can observe that on the toilet paper. These loss of blood can be very troubling and can cause feebleness; it is very important to consult a doctor.

Causes of hemorrhoids :

Main factors that contribute to the occurrence of hemorrhoids are represented by bad diet and no sport. In our times, most of the people eat, fast-food and cold food or precooked which reduces significantly the quantity of fiber and vitamins from our body and for the proper function of the digestive system. Therefore, a diet low in fiber may result in a hemorrhoidal disease, but worsening the existing one. The hemorrhoidal disease can also occur because your body is dehydrated.

You can have this disease, also if you are perfectly healthy and you have a normal life, however it can occur in case of associated diseases. It occurs mainly because of a bad blood circulation and constipation, if you stay a lot of time upright and for long periods, also if you stay in a sitting position or if your body weight is higher than it should or you eat a lot on a single meal. All these factors are tightly related with gravity and push the hemorrhoidal veins outside the anus, causing the hemorrhoidal disease.

Hemorrhoids can be seen in all categories of people: writers, journalists, drivers, managers or sellers, etc.

Pregnant women are a particular type, they can have hemorrhoids due to the pressure for the uterus on the large intestine wall but also because of the hormonal influence. After birth hemorrhoids may disappear as a result of removing the causes.

People that shows other associated diseases like: cirrhosis, heart failure, pelvic tumors, spinal cord injury, hernias or prostate will develop also hemorrhoids.

Other causes :

- hot and spicy food
- fat and spicy food
- alcohol
- lack of exercise

How can prevent hemorrhoids :

First, it is much better to prevent than to treat. Such as, methods that prevent hemorrhoids, primarily include our increased attention on what we eat.

You can prevent this disease with a healthy way of living, with balanced meals quantitative speaking that will not overload the large intestine and with a high fiber diet that will accelerate the bowel movement. Another way to prevent this is to avoid alcohol, cigarettes and coffee in excess.

Prevention of hemorrhoids requires a healthy lifestyle, a balanced diet and sport every day .

Four steps to a life without hemorrhoids:

Our treatment consists both in tackling the problems that led to hemorrhoids and also fighting against it in a short time. Without fighting against this factors that led to hemorrhoids, this disease will appear again sooner or later. Therefore we found four steps that must be followed to lead to a peaceful life without having this problem.

1) Hygiene :

Hygiene is extremely important in treating hemorrhoids. Must be used during the entire treatment and the rules are :

- washing with unscented soaps
- underwear must be 100% cotton, with noting synthetic
- wash area after each stool
- avoid using irritating substances
- Although you might be tempted to use talcum powder to calm the burning sensation is totally contraindicated . Instead, be confident in herbal ointments with antiseptic and anti-inflammatory properties (calendula cream).

This method of treating hemorrhoids involves proper anal hygiene, which is particularly important in speeding up the treatment for this disease. We don't advise you to wipe with wet wippes or toilet paper after you removed the stool, but with baby wipes or soap and water . It is best to make local bath after each stool. More than that, we must avoid forcing of any kind when we go to the toilet, because that will make things worse.

2) Necessary diet to prevent hemorrhoids .

To fight against hemorrhoids must start by treating constipation, which is their main cause to relaps.

We will fight with the factors that led to this disease and will relieve symptoms. For this you should have a balanced diet and fight constipation through more natural methods, avoiding laxatives. It is importantn to care more about what you eat.

A lot of hemorrhoids problems can be detected as consequences of diet. Many americans, for example, have a diet low in fiber because do not eat enough fruits and vegetables. Fiber helps toa a easy digestion, facilitating defecation and avoiding forcing the stool that causes hemorrhoids. Eating enough fruits and vegetables is certainly beneficial to reduce the risk of hemorrhoids .

Anyone that suffers from hemorrhoids should drink at least 2 liters of water per day, to eat fruits and vegetables, and also whole grain cereals to ensure a normal bowel movement. We recommend whole grains cereals that are included in wholemeal bread, brown rice and oatmeal.

Along with fruits, vegetables and whole grain cereals, a suitable water consumption, you can eat also berries. Berries help reduce pain and inflammation associated with external hemorrhoids. Cherries, blueberries, blackberries have an excellent effect strengthening the veins and eliminate inflammation. These act quickly when are consumed as juice ,nutrients get faster in the blood and also the results will be faster.

What foods have fiber?

Examples of foods that have fiber include

Beans, cereals, and breads

1/2 cup of navy beans

1/2 cup of kidney beans

1/2 cup of black beans

Fiber

9.5 grams

8.2 grams

7.5 grams

Whole-grain cereal, cold

1/2 cup of All-Bran

3/4 cup of Total

3/4 cup of Post Bran Flakes

9.6 grams

2.4 grams

5.3 grams

1 packet of whole-grain cereal, hot
(oatmeal, Wheatena)

3.0 grams

1 whole-wheat English muffin

4.4 grams

Fruits

1 medium apple, with skin

1 medium pear, with skin

1/2 cup of raspberries

1/2 cup of stewed prunes

3.3 grams

4.3 grams

4.0 grams

3.8 grams

Vegetables

1/2 cup of winter squash

1 medium sweet potato with skin

1/2 cup of green peas

1 medium potato with skin

1/2 cup of mixed vegetables

1 cup of cauliflower

1/2 cup of spinach

1/2 cup of turnip greens

2.9 grams

4.8 grams

4.4 grams

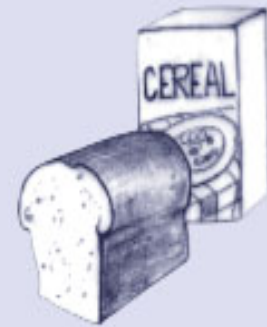
3.8 grams

4.0 grams

2.5 grams

3.5 grams

2.5 grams



Onion, garlic and ginger should be part of your regular diet, if you have hemorrhoids. Olive oil and flaxseed oil are great for digestive system and helps in healing the hemorrhoids.

Fish oil it is also recommended for people suffering from hemorrhoids. Lemon juice, cayenne pepper and cider vinegar are also great ways that can help your body to heal inside.

Patients need to know that beside high fiber consumption they also should have a fairly consistent intake of minerals and vitamins without which the body can not function within normal parameters. These vitamins can be taken from food such as fruits and vegetables, potatoes, cabbage and various dried fruits. Natural food does not contain toxins. Eat white meat and fish, whole grain cereals.

While most fruits and vegetables are indicated in the fight against hemorrhoids, certain foods have special contribution against hemorrhoids. For example, blackberries, with high intake of fiber and vitamins successfully stimulates colonic detoxification. Cherries, blueberries and currants have the same effect.

Eating these fruits along with a high-fiber diet can accelerate the healing process of hemorrhoid disease.

We recommend all people suffering from hemorrhoids a high consumption of vegetables soups, natural, rich in fine cellulose such as : cabbage, cauliflower, onion, garlic, leek, salad, spinach, peas, cucumber and boiled potatoes in their skin. Very good results give a treatment of beetroot juice, celery, kale, carrots

and black radishes, plus leek juice (2-3 spoons per day) to regulate bowel movement.

To avoid problems with bowel movement , those that suffers of hemorrhoids need to chew very well the food before swallowing.

Very important for a good bowel movement is to comply with a dining schedule. Especially for those affected by hemorrhoids, we strongly advise them to strictly respect this recommendation.

Must remember and keep in mind the following:

1. Fluid consumption. The insufficient consumption of liquids, water in particular, it tends to cause constipation. The stool can become drier and denser when you are dehydrated. These stools can cause irritation and anal tissues forcing during defecation.

2. Reducing the amount of salt. While modifying your diet to increase fluid intake, track the amount of salt consumed. Salt causes fluid retention, which can cause swelling, including swelling of blood vessels that cause hemorrhoids .

3. Hemorrhoid pain relief for pregnant women. Both obese women and pregnant ones can have this disease because of the additional weight that puts pressure on the blood vessels in the anal area. Pregnant women can reduce the pressure on the lower body by stretching on one side for 20 minutes. This process can be repeated every 4-6 hours

4. Avoid forcing in defecation. One of the main causes in the occurrence of hemorrhoids is forcing in defecation. To avoid worsening the symptoms, avoid also forcing the stool. If you are constipated, try to increase the amount of fluids or fiber intake in the diet.

5. Do not delay going out with the stool (defecation). When you have the sensation of defecation, do not delay to eliminate the stool. Although, some people delay the defecation because they do not want to use a public toilet, a friend toilet or simply an unknown toilet, delaying the stool can make defecation difficult. A dry stool can inflame the hemorrhoids.

6. use bay wipes instead of normal toilet paper, which can be abrasive, irritating, and painful. These wipes will partially relieve hemorrhoidal pain . **Be careful** : Use only wipes without alcohol or perfume . Alcohol will dry the area around hemorrhoid, increasing the risk of skin craking and bleeding, perfumes or other additives can infect the hemorrhoid. .

7. Baths. A warm bath is a easy way to reduce the pain and to increase blood supply. If time does not allow, you can also just do a sitz bath. By increasing the blood supply in that area, this treatment method will reduce the size of swollen veins.

3)Prohibited food for hemorrhoids sufferers :

Main forbidden foods for hemorrhoids sufferers are those with a low fiber. Foods with a low fiber content include white bread, white rice, baked goods and other sweets.

Along with refined cereals there are other foods that you should avoid: fruit without skin, chicken, eggs, milk (especially those with a high fat content). You may need to reduce the amount of these foods in your daily menu.

It is advisable to avoid alcohol, to reduce or control symptoms. Alcohol can cause dehydration and this may lead to a tension when you remove the stool.

So, to ensure healing are forbidden certain foods like: animal fat, pork, sausages, smoked meat, cans, sauces, fried food, eggs, mayonnaise, fat cheeses, spices (pepper, mustard), pickles, sweets, pasta, coffee, alcoholic drinks. We try where ever possible to eliminate cooked food and replaced temporarily by raw.

Eating more natural it must be filled by the use of natural herbal tea and a lot of daily exercise.

We recommend gentle exercises, performed daily. If patients have a sedentary lifestyle, it is recommended that the exercises to be carried out after each hour spent on the chair.

Remember: hemorrhoids can be prevented by maintaining a healthy lifestyle, with a diet rich in fruits and vegetables, high in fiber and a fit water consumption. If you maintain a normal weight, do exercise, take care of salt intake and avoid forcing the bowel movement, you can prevent hemorrhoids naturally.

4) Treatment :

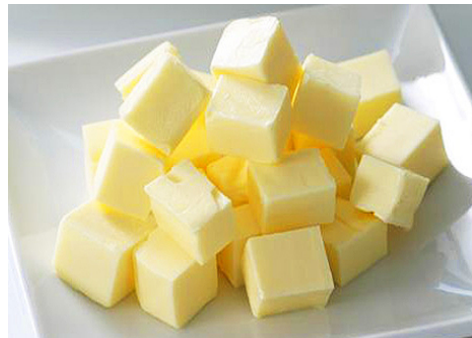
Warning!!! This treatment should not be used by pregnant and nursing mothers!

For this treatment we shall need some ingredients. A few of them we will use to create a cream and the rest for making a tea.

- **First step: The Cream**

First, we will make the cream. For this we will need:

- Butter: with 60 - 65 % fat



- Propolis: is a resinous mixture that honey bees collect from tree buds, sap flows, or other botanical sources. Gathered by the oldest bees, the resins are brought back to the hive and mixed with some wax and salivary secretions before using to sterilize the hive against infection.



Propolis has a long history of medicinal use, dating back to 350 B.C., the time of Aristotle. Greeks have used propolis for abscesses; Assyrians have used it for healing wounds and tumors; and Egyptians

have used it for mummification. It still has many medicinal uses today, although its effectiveness has only been shown for a couple of them

- Beside these ingredients you also need a pan and a spoon

We prepare the cream from 500 g butter and 150 g propolis. Melt the butter in the pan, on over low heat and then add carefully the propolis well graded, you boil another 10 minutes and in all this time you mix the infusion with a spoon. Then strain through a double gauze and pour into glass containers.

After you let it cool you will put in the fridge and you will use it when you need.

- **Second Step the Tea**

Next step is making the tea, but only when the cream is cold and you are prepared to make the treatment. You need to be careful, the tea must be just a little bit warm when you make the sitz bath, not hot.

For this infusion of herbs you will need the following plants:

- Hyssopus plant:



Is a genus of herbaceous or semi-woody plants in the family Lamiaceae, native from the east Mediterranean to central Asia. The Romans are thought to have introduced it into the US. and UK.

The Hyssop plant has lance shaped leaves, and flowers with tiny tubes of pink, blue or white flowers towards the end of summer ,that reaches between 45 and 60 cm in height.



Is well known for its use in the treatment of colds and congestion. In America it is also used externally for the relief of muscular rheumatism, and for bruises and discoloured contusions, in addition the green herb when bruised and applied is said to heal cuts promptly. The herb Hyssop is also used in traditional medicine for the treatment of coughs and as an antiseptic.

- Chamomile plant:



Is a flowering plant in the daisy family and it is native to Europe and Asia. There are many different species of chamomile, the two most commonly being German chamomile (*Marticaria recutita*) and Roman chamomile (*Chamaemelum nobile*). They have been used since Ancient times for their calming and anti-inflammatory properties. The two kinds are thought to have similar effects on the body, the German variety is more commonly used in the United States.

Chamomile is an age-old medicinal herb known in ancient Egypt, Greece and Rome. Chamomile's popularity grew throughout the Middle Ages when people turned to it as a remedy for numerous medical complaints including asthma, colic, fevers, inflammations, nausea, nervous complaints, children's ailments, skin diseases and cancer. Has been used for centuries in teas as a mild,

relaxing sleep aid, treatment for fevers, colds, stomach ailments, and as an anti-inflammatory, to name only a few therapeutic uses.

- Medical alcohol or rubbing alcohol:

Is a liquid usually consisting of 70 per cent denatured ethyl alcohol, used by external application. An liquid preparation having a soothing or antiseptic or medicinal action when applied to the skin.

Rubbing alcohol, has a number of applications in the health industry and is a familiar staple in most home medicine cabinets. Is used to disinfect hospital surfaces and like a good antiseptic.

Warning!! rubbing alcohol is inflammable. Be careful how you will use!!

- Water (it is preferably bottled water)
- A recipient where you will make the tea
- A bowl large enough to put the treatment tea and make a sitz bath.
- 1 towel

Before the tea is ready and start the treatment you should have a warm shower.

This is a great principle to follow, especially in the first few days when you try to cure the hemorrhoids.



For the tea you put 2 liters of water to boil and when the water begins to boil you will add 100 g of hisop and 50 g of chamomile.

This mixture is left to boil another 3-4 minutes then you stop and cover the container for infusion.

After 3 minutes time in which you left the boiled mixture to infuse pour 100 ml of medical alcohol and let another 2-3 minutes to blend. You will pour through a gauza the mixture then it will be put into a large bowl.

You will put yourself in a sitting position over the bowl, covering the legs with a towel to not allow the steam to evaporate outside.

Try to stay in this position as long as possible, but if you feel that is too hot, get up than sit back again , it is worth doing this sacrifice because this steam bath is very important for healing the hemorrhoidal disease.

When the tea is just a little bit warm, bearable for the skin you will sit with the rest and you will stay for 10 to 15 minutes.

After this herbal bath you will get up ,thoroughly wipe the anal rectal area with a clean towel and you apply the propolis cream mentioned in the first step.

What actually this cream is doing , is that the astrigent proprieties are shirinking your hemorrhoid itself and what is happening is at it is shirinking, it is actually making the tissue go back to it's normal state and the bleeding also stops.

This treatment is repeated for three consecutive days, take a day break then you will repeate it again for 2 weeks.

To give the expected results, it is good that this type of treatment to be repeated 1 time per month in the next 3 months.

This treatment alltough it seems very simple and trivial, is handy and has a very high healing rate. **Just give it a chance.**

Untreated, hemorrhoids will cause permanent discomfort. Symptoms may be increased periodically, with the change of the general condition leading to mental imbalances.

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