

CHAPTER 62

Hemorrhoids

One of the most misunderstood physical disorders is hemorrhoids. The general impression is that they are varicose veins of the anus, an opinion held for many years.

W.H.F. Thomson, a British physician, blasted this notion when he performed both radiological and other exams of the anal area of 100 babies who had died soon after birth, discovering three small cushions of mucous-like material with blood vessels.¹ Most of today's physiologists believe that these pads help make it possible to keep waste matter contained.

Origin Of Hemorrhoids

Sometimes straining to dislodge hard fecal masses causes super-engorgement of these cushions with blood and swelling of the tissues. Each time a firm fecal mass powers through the anal canal its action is like that of a "ramrod forced down the barrel of a rifle," as stated in the book, *Medical Applications of Clinical Nutrition* (Keats Publishing, Inc.)²

Constant repetition of this action ruptures the attachment of these pads from the muscular valve which opens to permit passage of wastes (the sphincter) and pushes them toward or even out of the anal aperture.³

Itching, swelling, pain, and bleeding are the result.

The Sane Treatment

The basic treatment is the same as the best preventive measure: a diet rich in fiber from fresh vegetables, fruits, and bran. (See the section on

Constipation). Sufficient fiber assures the gentle passing through of soft, bulky and moist stools—particularly when the person drinks eight to nine glasses of water daily. Hemorrhoids are a rarity among the Zulus, pastoral people of Africa who eat only unrefined food.⁴

An in-depth University of Edinburgh study of various bran preparations reveals that unprocessed bran (coarse bran) with its sponge-like, water-holding capacity, is the preferred treatment for colonic ailments, which include hemorrhoids.⁵

Relieving Hemorrhoids

Bernard A.L. Wissmer, M.D., of the Medical Policlinic of the University of Geneva (Switzerland), has reported thousands of patients cured with a bioflavonoid compound including rutin, a byproduct of milling buckwheat, and citrus peel bioflavonoid (hesperidin).⁶

Knowing the reputation of bioflavonoids for reducing capillary fragility, Dr. Wissmer set out to relieve discomfort and pain of hemorrhoid sufferers and to spare them from surgery, if possible.⁷ (See the section on Miscarriages in relation to capillary fragility)

He did both. Wissmer initially conducted an experiment with 250 patients who had various types of hemorrhoids—internal and external. His regime was four to six 100 mg capsules of bioflavonoid compounds daily for a week, then two to three daily for three or four more weeks.⁸

Relief from hemorrhaging and pain came in two to five days. Anoscopic and rectoscopic exams showed a dramatic change to normal.

Ninety-seven of 148 patients with chronic internal hemorrhoids experienced complete healing with the bioflavonoids.⁹ Significant improvement was shown in 32 of the cases, although there remained occasional slight bleeding. Sixteen patients manifested some betterment: less pain and less frequent bleeding. A mere three patients showed no improvement and, in time, had to resort to surgery.

Taming The Toughest Kind

With the same regime, Dr. Wissmer scored phenomenally with the most resistant form of hemorrhoids: external. Twenty-eight out of 32

patients were completely cured.¹⁰

In another experiment, individuals deprived of vitamin B-6 developed bleeding hemorrhoids, and were cured of them when their diet was supplemented with 10 mg of this vitamin after each meal.¹¹

Many preventive medicine practitioners have found pregnant women to be severely deficient in vitamin B-6 and also prone to develop hemorrhoids.

It is difficult but possible to plan meals with a content of at least 10 mg of vitamin B-6 with each one. The following foods and supplements are the richest in this vitamin in milligrams per less than a four ounce serving:

Brewer's yeast, 4.0; brown rice, 3.6; whole wheat, 2.9; royal jelly, 2.4; soybeans, 2.0; rye, 1.8; lentils, 1.7; sunflower seeds and hazelnuts, 1.1; alfalfa, 1.00; salmon, 0.98; wheat germ, 0.92; tuna, 0.90; bran, 0.85; walnuts, 0.73; peas and liver, 0.67; avocados, 0.60; beans, 0.57 and cashews, peanuts, turkey, oats, chicken and beef, 0.40.

Other Tips

Prevention of hemorrhoids and relief from their symptoms can be done in the following ways:

1. By regular exercise to keep bowels moving. (This is in addition to ingesting plenty of fiber.)

2. By a natural supplement. Dr. Linus Pauling says that large amounts of vitamin C will assure taking care of the fundamental problem: keeping stools soft, liquid and easily moved, rather than having to resort to commercial topical salves.¹²

3. By long, healing, warm baths. Alternative doctors often recommend 10 to 20 minutes in the bath three or four times daily. A gentle spreading of the cheeks will allow the water to soothe inflamed tissue and, of course, to cleanse it.

4. By applying vitamin E topically after a cleansing, soothing bath. This is more relieving than using commercial applications, states Dr. Pauling.¹³

Words Of Warning

Rectal bleeding is nothing to treat by yourself—if it is painful or not.

Be sure and see your doctor for a rectal examination. In rare cases, what seems to be a hemorrhoid turns out to be a tumor.

Folklore: you won't find this in any medical book, but applying the inside of a banana peel topically to the hemorrhoid brings instant relief.