

## Your Monthly Update

*Dear Colleague*

Welcome to the July 2009 newsletter from Pure Bio Ltd.

### Did you know:

Researchers at the San Diego State University have established the optimal amount and intensity of walking to improve health and fitness - that being 30 minutes, five times per week; and the pace to be achieved is 100 steps per minute (i.e. 3000 steps in the 30 minute duration), based on walking across level ground.

The chosen topic for this month is:

## Haemorrhoids

### Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Secondary	Fibre Flavonoids (hydroxyethylrutosides derived from rutin)	Horse chestnut Psyllium Witch hazel
<p><b>Primary</b> – Reliable and relatively consistent scientific data showing a substantial health benefit.</p> <p><b>Secondary</b> – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.</p> <p><b>Other</b> – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.</p>		

## Symptoms

Pain is usually the most obvious sign of haemorrhoids, but they can also bleed or protrude outwards from the body. Haemorrhoids develop when the veins of the anus become sluggish, swollen or inflamed. Haemorrhoids do not always produce symptoms, but when they are painful they can be excruciating, since this anal area is well supplied with nerves. If the veins become sluggish, lumps of tissue may appear outside the anus. This is most common after a bowel movement, and in some cases the lump needs to be pushed back inside. Any bleeding should be investigated to rule out more serious illnesses.

## Causes

Haemorrhoids are caused by a weakness in the venous system. Constipation adds pressure on the haemorrhoidal plexus venous system; a low-fibre, high-sugar diet and poor liquid intake therefore creates problems. Obesity and pregnancy also put extra strain on the venous system and sometimes cause haemorrhoids to appear, especially if other predisposing factors exist. A sedentary lifestyle and lack of exercise, or standing or sitting for long periods of time, allow the veins to become more sluggish and increase pressure in the hemorrhoidal area.

## Dietary Modification

Haemorrhoids result from consuming refined foods without roughage or fibre. There is a very low incidence in populations in which fibre intake is high.

To prevent and treat haemorrhoids, a complete change from eating processed foods to fresh whole foods is needed. Insoluble fibre—the kind found primarily in whole grains and vegetables—increases the bulk of stool. Drinking water with a high-fibre meal or a fibre supplement results in softer, bulkier stools, which can move more easily. As a result, many practitioners recommend fibre in combination with increased intake of liquids for people with haemorrhoids. A review of seven placebo-controlled trials concluded that fibre supplementation has a beneficial effect on symptoms and bleeding in people with haemorrhoids.

Recommended dietary changes include elimination of typical breakfast foods such as white bread and replacing it with rolled oats as porridge or prepared in a Swiss-style muesli, soaked overnight and then combined with natural, plain yogurt, grated apple or other fruit, chopped or ground nuts and milk (according to tolerance). Adding raw wheat germ to the muesli provides a natural source of vitamin E, which improves blood circulation and helps prevent the formation of dangerous blood clots in the veins.

Consumption of at least one salad of raw vegetables daily is recommended. Dark green, leafy vegetables, especially alfalfa sprouts and kale, help relieve bleeding haemorrhoids. They also provide vitamin K, which is needed for blood clotting and to prevent internal bleeding. Cultured milk products such as natural, unsweetened yogurt and kefir ensure adequate absorption of vitamin K. Broccoli, cabbage, carrots and green beans are particularly rich in fibre. Apples and pears contain pectin - a beneficial, water-soluble fibre.

Bioflavonoids found in citrus fruits and berries strengthen capillaries. Avoid constipating foods such as red wine, chocolate, cola, cocoa and black tea.

A tablespoon of flax seed oil or psyllium seeds with water before each meal will help promote soft faeces and combat constipation.

## Other therapies

Wear cotton underwear only.

Breathing exercises are helpful to stimulate circulation.

To take pressure off the veins, elevate the feet by lying on the floor and resting the calves on the seat of a chair, with pillow under buttocks, a few times during the day for ten to fifteen minutes.

Sit daily for fifteen minutes on a wet towel and afterward apply a salve.

Surgical treatment may be recommended for haemorrhoids that become very enlarged, protrude from the anus (prolapse), bleed frequently, or contain blood clots (thrombosis). Common procedures include freezing the affected tissue (cryotherapy); injecting chemicals into the hemorrhoid to shrink it (sclerosing solutions), surgically removing the hemorrhoid (hemorrhoidectomy), or placing rubber bands around the hemorrhoid for removal (ligation).

## Nutritional Supplement Treatment Options

A number of flavonoids have been shown to have anti-inflammatory effects and/or to strengthen blood vessels. These effects could, in theory, be beneficial for people with haemorrhoids. Most, but not all, double-blind trials using a group of semi-synthetic flavonoids (hydroxyethylrutosides derived from rutin) have demonstrated significant improvements in itching; bleeding; and other symptoms associated with haemorrhoids when people used supplements of 600–4,000 mg per day.

Other trials have evaluated **Daflon**, a product containing the food-derived flavonoids diosmin (90%) and hesperidin (10%). An uncontrolled trial reported that Daflon produced symptom relief in two-thirds of pregnant women with haemorrhoids. Amounts of flavonoids used in Daflon trials ranged from 1,000 to 3,000 mg per day. [Hesperidin](#) can also be used separately as a dietary supplement.

[Vitamins A and E](#) support healing of the mucous membranes. Vitamin E helps to keep tissues elastic and helps resolve blood clots. [Vitamin B6](#) (preferably in the form of [PSP](#)) is helpful for pregnant women suffering from haemorrhoids, as this vitamin is often deficient during pregnancy.

Itchiness from haemorrhoids is usually caused by yeast or candida/fungal overgrowth and their mycotoxins. A daily supplement of a probiotic e.g. [Lactobacillus acidophilus](#) or [Probiotic 5](#) should be taken, along with a herbal anti-mycotic according to practitioner recommendation. The probiotic can also be inserted rectally.

## Botanical Treatment Options

Constipation is believed to worsen haemorrhoid symptoms, and thus, bulk-forming fibres are often recommended for those with haemorrhoids. A double-blind trial reported that 7 grams of [psyllium](#), an herb high in fibre, TID reduced the pain and bleeding associated with haemorrhoids. Recommended dosage is two tablespoons of psyllium seeds or 1 teaspoon of psyllium husks BID or TID mixed with water or juice. It is important to maintain adequate fluid intake while using psyllium.

Topically applied astringent herbs have been used traditionally as a treatment for haemorrhoids. A leading astringent herb for topical use is [witch hazel](#) (hamamelis), which is typically applied to haemorrhoids TID or QID in an ointment base.

**Horse chestnut** extracts have been reported from a double-blind trial to reduce symptoms of haemorrhoids. Some practitioners recommend taking horse chestnut seed extracts standardized for aescin (also known as escin) content (16–21%), or an isolated aescin preparation, providing 90 to 150 mg of aescin per day.

#### **Other recommended herbal applications:**

- A cotton cloth soaked in warm chamomile and peppermint can be used topically around the anus. Chamomile speeds healing and peppermint relieves.
- Apply salves of **calendula (Marigold)** or plantain to relieve pain and itching.
- Enemas of slippery elm, which help to neutralize acidity and act as a buffer against irritations.
- Comfrey stimulates cell regeneration and is especially recommended for haemorrhoids with fissures. Pour 2 cups of boiling water over 2 tsp. of comfrey root, steep for fifteen minutes, strain through a fine sieve or cloth and use lukewarm as a compress, after cleansing anal area well.
- Drink 1 tbsp. of nettle juice daily to facilitate bowel evacuation.
- Mix 2-3 drops each of **buckthorn**, **aloe vera** and **tea tree oil** with 1 tsp. of olive oil or thyme oil and rub on the skin to help relieve itching.
- **Dandelion**, taken as 1 tbsp. of juice or 1 cup of tea twice daily over a period of four to six weeks, reduces the frequency and intensity of pain and strengthens connective tissue.
- Add **chamomile**, **yarrow** or **thyme** infusions to bath water.
- **Silica in horsetail** soothes haemorrhoidal tissue. Take as tincture or tea and apply infusion externally.
- **Pilewort ointment** has astringent properties, tones blood vessels and stops bleeding of piles.

## **Homeopathy**

For pain and inflammation, choose one of the following remedies in a 6c strength, dissolving 2 tablets under the tongue every fifteen minutes for severe pain, then three times daily as needed, or for one week.

- **Aesculus hippocastinum** is used for internal haemorrhoids with splinter-like, shooting pains, accompanied by lower-back pain and dry, hard constipation.
- Alternatively, for painful, bleeding hemorrhoids that itch and cause dry constipation, choose **Collinsonia**.
- Choose homeopathic **Hamamelis**, if the anus feels bruised and sore and there is bleeding.
- **Nux vomica** will help haemorrhoids when constipation accompanies and there is an urging with the feeling of never being quite finished. The lifestyle is typically sedentary, with a tendency for excesses and a feeling of irritability.
- For external haemorrhoids, leaving large bulges outside the anus, better from cold and accompanied by diarrhoea, use homeopathic **Aloe**.

## Tissue Salts

Take 4 tablets every thirty minutes for acute problems or three times daily for chronic trouble.

- *Ferr phos* is the tissue salt to use in the acute stages of pain and heat. It will also help with bleeding and inflammation.
- *Calc fluor* is the chief tissue salt for the relaxed venous state of hemorrhoids, especially if they are accompanied by constipation and lower back pains. There is often cracking and fissures of the anus.
- Use *Mag phos* if there are attacks of rectal spasms or sharp shooting pains.

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