

Hemorrhoids and Varicose Veins

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Hemorrhoids & Varicose Veins are dilated veins that have enlarged & lost their elasticity. They can be caused by sitting or standing for prolonged periods, straining, lack of exercise, &/or lack of nutrients. They are an indication that all the blood vessels need toning. Varicose veins can be anywhere, but most commonly in the legs and are an indication of poor circulation and a lack of tone in the blood vessels. Hemorrhoids are swollen veins near the anus. There are two types of hemorrhoids: internal & external, you can have either type by itself, or both at the same time.

- Internal -form inside the anal canal and usually are painless; however, they may cause intermittent bleeding with bowel movements, and sometimes discharge mucus. Internal hemorrhoids can occasionally protrude outside the anus and look like small, grape-like masses.
- External -form just outside the anal opening causing protrusions, rectal pain, itching, & bleeding

Sometimes hemorrhoids develop for no reason, but often they are associated with chronic constipation or diarrhea, straining during bowel movements, and prolonged sitting on the toilet. You can reduce your risk by having 1-3 BMs daily, to reduce pressure & straining. Try not to sit on the toilet for long periods, this tends to make hemorrhoids push out. A small step under your feet as you sit changes the position of your rectum to allow for easier passage of stools. After every bowel movement, gently clean with witch hazel or a cotton cloth soaked in warm water, if you have any irritation afterward, apply Silver Shield or aloe vera gel.

Additional steps:

- Get enough fiber in your diet (20-35 grams per day) which draws water into your stool and make it easier to pass, helping to reduce hemorrhoid bleeding & inflammation. Psyllium hulls is a good choice. If psyllium causes gas or bloating, try **Everybody's Fiber**. Always drink enough water when adding fiber to a diet, or it can become constipating. Another excellent fiber blend is **Ultra Biome DTX**, as it helps to detox heavy metals and helps the body to heal leaky gut while balancing beneficial bacteria.
- Stay well hydrated (64 or more oz of water daily)
- Exercise regularly (walking, stretching, etc)
- **Gentle Move** acts as a gentle laxative, as well as hydrates the colon and improves bowel tone and health. This helps the stool pass easily without straining.
- **White Oak Bark** sitz baths ease itching & irritation. Add contents of 6-8 capsules to boiling water, simmer on a low heat for 15 minutes, strain out the oak bark and add the tea to a tub with 3-4 inches of warm (not hot) water and sit in it with your knees bent for about 15-20 minutes. Gently pat yourself dry with a towel, but don't rub the area; initially once a day, then 2 to 3 times a week or as needed.
- **Vari-Gone** featuring horse chestnut, rutin & vit. C to enhance the function, strength & elasticity of your veins, supporting optimal blood flow to the heart & legs - helps both hemorrhoids & varicose veins.
- For varicose veins, it is also helpful to wear supportive elastic stockings while improving your overall health, especially if prolonged standing.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



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