

Hemorrhoid Relief with Chinese Herbs, Acupuncture & Auricular Medicine

By Toni Eatros, MS, Dipl Ac, AP

Many people suffer in silence about this very uncomfortable issue, hemorrhoids. Hemorrhoids, also known as piles, develop when the pillow-like clusters of veins in lower rectum and anus become swollen and distended, similar to varicose veins in the legs. There are two types of hemorrhoids, internal and external. The internal ones are located in the lower rectum, above the anal sphincter. The external ones, are the most uncomfortable, and develop under the skin around the anus.

There are several theories about what causes hemorrhoids. Many believe that prolonged sitting on the toilet, chronic constipation, and straining during bowel movements interfere with proper blood flow to the area, leading to pooling and enlargement of the blood vessels. This compromise in blood flow is also evident when a woman is pregnant and the enlarged uterus pushes on the veins. Other studies show that people with hemorrhoids have a higher resting anal canal tone, even when not straining. Finally, as we age, the connective tissues that support and hold hemorrhoids in place weaken and lead to bulging and prolapse.

Some of the general at home recommendations for hemorrhoid treatment and prevention include eating plenty of high fiber foods, drinking adequate



amounts of water, taking sitz baths, regular walking, and avoiding smoking, alcohol, and spicy foods.


In western medicine, hemorrhoids are generally not treated except with use of over-the-counter (OTC) stool softeners and soothing agents. These methods offer only temporary and symptomatic relief. In more severe cases, invasive treatments may be performed, such as injection sclerotherapy, rubber-band ligation, laser destruction, infrared photocoagulation, and surgical hemorrhoidectomy. In other words, there are few options between mild OTC drugs that offer only temporary and symptomatic relief, and serious invasive treatments that completely eradicate body tissues.

Chinese herbs, acupuncture and auricular medicine (the use of the ear to treat the body) offer effective treatment options for the various presentations of hemorrhoids, including internal and/or external hemorrhoids, with or without swelling, inflammation or bleeding, and in both acute and chronic conditions. Herbs have been shown to have mild laxative effect to relieve constipation, an anti-inflammatory effect to reduce the swelling and inflammation of hemorrhoid tissues, and hemostatic effect to stop rectal bleeding. Therefore, not only are the herbs beneficial, they provide additional treatment options not available in western medicine.

The therapeutic benefits of herbs should be explored for treatment of hemorrhoids, as they offer great relief with few or no side effects. When necessary, and only in the most severe cases of hemorrhoids that do not respond to any other therapies, should the patient consider invasive treatment options.

You do not have to suffer in silence any longer with this very uncomfortable condition. Get relief immediately, schedule today at **239-260-4566** or www.AcupunctureSolutionsOnline.com.


*Yours In Health & Wellness,
Toni L. Eatros, AP*



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