

# HEMORRHOIDS



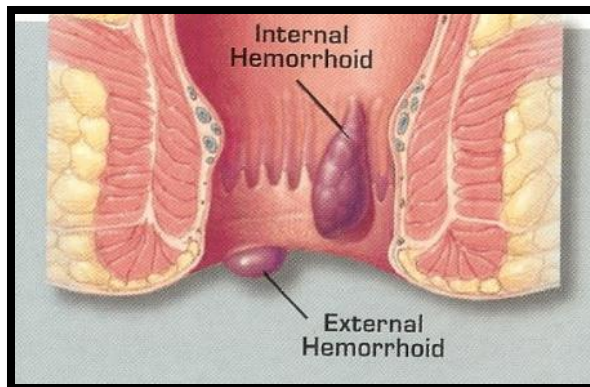
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## Definition

An enlarged vein in the lower rectum or anus caused by blockage in the veins of the area.

## Cause

Varicose veins and hemorrhoids are both evidence of the same problem: lack of nutrients causing weakness in the circulatory system. Improving the diet and supplementing with Dr. Christopher's **Bone Flesh & Cartilage** and **Calcium Formulas** makes a big difference in the problem right away.



The basic cause of this condition is sugar in the form of candy, beverages (pop, coffee, etc), pastries and bread. These leach out the calcium from the body. Other culprits are white flour, tobacco, and liquor. One of the first places the leaching starts is in the venous structure of the body, drawing off the supporting calcium. This in turn weakens the veins, causing varicose veins, which will, if allowed to continue, become phlebitis.

Another serious area for leaching is the bowel area, where old fecal matter has accumulated. The body tries to remove the impaction by draining as much fluid from the body as it can. There is generally enough fluid to cause a bowel movement, but the liquid which is left absorbs the sugar. It then feeds into the veins and leaches out the tensile strength of the veins in the lower bowel area. When straining for a bowel movement, the veins have more pressure exerted, and in turn, the weak walls break and result in a varicose condition called piles or hemorrhoids.

## Herbal Aids

### Slant Board Combinations

**Formula:** White Oak Bark, Mullein Herb, Yellow Dock, Black Walnut, Comfrey Root, Lobelia, Marshmallow Root.

As an aid in **prolapsed** uterus, bowel, or other organs, to assist in giving relief make concentrated tea (simmer down to 1/2 its amount) of six parts oak bark, three parts mullein herb, four parts yellow dock root, three parts walnut bark, or leaves, six parts comfrey root, one part lobelia, three parts marshmallow root. Inject with a syringe (while head down on slant board) into vagina or rectum for prolapses or hemorrhoid problems and leave in as long as possible before voiding same.

**Dose:** suggested use of 1/4 to one cup one or more times in a day and drink 1/4 Cup in 3/4 Cup of distilled water three times in a day.

**Plantain:** Use a strong tea (steep one ounce of the granulated herb for twenty to thirty minutes in one pint water), inject one tablespoonful three or four times daily (or more frequently in bad cases), and especially after each bowel movement.

**Chaparral:** Use externally as a sitz bath.

**Hemorrhoids (cathartic injection):** See formula using bayberry, African ginger and Pinus.

**Hemorrhoids (suppository):** See formula using bayberry, pinus, golden seal and wheat flour.

**Red Raspberry:** Inject 1 teacupful and retain as long as possible.

**Balm of Gilead:** Apply the ointment to the affected parts.

**Yarrow:** Use a clean enema, then inject the cool tea into the bowels (where there is pain, the tea should be about 112 degrees F.); then inject 2 tablespoonfuls several times a day, and after each stool.

**Hemorrhoids (piles):** See formula using yarrow and mullein.

**Uva Ursi:** Use the tea or diluted tincture as a wash.

**Mullein:** Apply mullein ointment and take the tea internally.

**Chickweed:** Hemorrhoids and rectal cancer. Bathe the area 2-3 times daily with the decoction, infusion, or diluted tincture (as warm as possible), then apply chickweed ointment or Dr. Christopher's healing ointment.

**Cayenne Ointment:** Cayenne may be applied on hemorrhoids for it does bring relief and healing, but the patient should be warned of its potency.

**Sitz Bath:** There are a number of differing opinions on sitz baths. The common sitz bath is merely sitting in a tub, wherein just the buttocks, the lower back into the sacroiliac and the upper thighs are immersed, though the feet should be in another tub; or where the buttocks would be in cold water, the feet should be in hot water; or vice versa. The most important part of the sitz bath, of course, is soaking the anal area in herbal aids to give relief. This is used for itching, piles, hemorrhoids, acid burning from urine and rectal discharges, or toxic conditions wherein the flesh is raw. If you are suffering from hemorrhoids, a sitz bath of strong oak bark tea will help, as well a Sitz of witch hazel tea.

**Dr. Christopher's Healing Ointment:** (CMM) Made of comfrey, marshmallow, marigold, bee's wax, and oils, this is an antiseptic to be used on lesions, eczema (dry), poison ivy, soothes inflamed surfaces, abrasions, burns, hemorrhoids, for bruises and swellings. Good to have on hand at all times.

**Red Potato:** Dr. Christopher suggested inserting a piece of red potato, about the size of the little finger, into the rectum, for nearly instant relief.

**Golden Seal:** Likewise, internal hemorrhoids which are also accompanied by various dyspeptic symptoms, can be relieved by a weak infusion given as an enema, with the tincture, tea or capsules taken internally during treatment. The disinfectant and astringent properties of the herb effect this cure.

**Plantain:** It is well known for the treatment of piles (hemorrhoids). Make a strong tea with an ounce of granulated Plantain to a pint of boiling water. Let steep for twenty to thirty minutes. For hemorrhoids, use a syringe and inject one tablespoonful of this tea three or four times a day at least, and especially after each stool, using more frequently in bad cases. For external hemorrhoids, apply externally with soft gauze or cotton. A saturated piece of gauze may be kept on the piles by using a belt or band around the body to which has been attached a narrow strip of cloth for holding the saturated gauze. Plantain ointment may also be applied, and even a poultice of the fresh, pulped herb may be held to the area with a cloth band.

**Cayenne:** To correct this condition, follow the mucusless diet and use cayenne regularly. Cayenne aids in strengthening the veins and arteries because it increases circulation and is rich in calcium. Work up to taking a teaspoon of cayenne three times a day by starting with one-third of a teaspoon three times a day in water, cold or warm, as you prefer. Do this three days, and add one-third teaspoon each day until up to the one teaspoon three times a day, six days a week,

**Juices:** Carrot & watercress, carrot & turnip leaf, prune.

**The Lower Bowel Formula #1:** In the case of hemorrhoids we suggest the following: Number ONE: **eliminate constipation**. Use the lower bowel formula along with the mucusless diet and drink plenty of water.

## Testimonials

**Hemorrhoids and Cayenne:** Dr. Christopher tells this story. I traveled with a man younger than myself several years ago all over the western part of the United States on business. He marveled at the stamina that an older man could have on long drives without displaying the usual fatigue. Each morning I would get up and have my cayenne and my wheat germ oil (I don't pay attention to anyone else, I just take them, regardless). Finally he got curious and said, "What's that stuff?" So I gave him an illustrative lecture, and he responded, "Well, I have hemorrhoids; my mother died of high blood pressure, and I have high blood pressure; and with the hemorrhoids I have to wear a belt, as you probably noticed, to keep my hemorrhoids up in place. Do you think that (meaning cayenne) will help?" "Not unless you take it," I replied. "Well, I will start taking it." Then I added, "I don't think you're man enough; I don't think you are brave enough," and I turned and walked away. Now, he was well-proportioned and a weight lifter, so after I left, he went over and got into my can and started using the cayenne along with the wheat germ oil, and by spring he did not have to wear a belt any longer as his hemorrhoids were cleared. Then he had an amazing surprise when he went to his doctor for a regular check-up; the doctor took his blood pressure three or four times and said, "This is supposed to be progressively worse. I don't know what has happened; your systolic and diastolic are near perfect. You don't need to come back any longer --I don't know what happened!" Well, he did not have to go back, and today this gentleman who lives in the Salt Lake City area has no high blood pressure, for he kept on taking his cayenne.

**Margarine and Hemorrhoids:** For a couple of weeks, we tried using the cheaper margarine instead of our usual butter. After that time, we experienced large, protruding and very painful hemorrhoids, as well as congestion generally. When we began using butter and oil again, the symptoms just disappeared. This confirmed the belief that margarine is a dangerous junk food! The body cannot handle the hydrogenated oils. Although our experience flies in the face of standard dietary recommendations, which say that butter is dangerous, not margarine, we think that a moderate amount of butter is fine.

**Papaya Saves from Surgery:** Papaya has also remarkably healed painful hemorrhoids. A woman 52 years old, suffered painful external piles. Standard therapy produced no results. Her doctor told her to take one papain tablet every four hours. In two days swelling and pain both subsided. After three more days she was completely healed and did not have to consider painful surgery.