

HAEMORRHOIDS - THE DISEASE CAUSED BY POOR FOOD CHOICES

Dear Dr Grace

What is the cause of Haemorrhoids and how can I treat them?
SK

Dear SK,

When your liver is congested, you usually end up with haemorrhoids. Haemorrhoids are bluish, reddish or purple swelling. They are often large, inflamed veins and capillaries around the anus. They appear in various sizes generally from the size of pea to the size of grape fruit. They can be seriously uncomfortable.

Haemorrhoids are common and occur in most people at some stage during their lives. They tend to occur more frequently later in life due to age-related weakening and stretching of the tissues supporting the veins in the rectum. In most cases,

haemorrhoids are caused by liver congestion through poor food choices. This may include too much sugar, chocolate, coffee, biscuits and dairy products. Other causes include straining during bowel movements, sitting for long periods of time,

constipation or diarrhoea, being overweight or obese, pregnancy, anal intercourse, low-fibre diet, spinal cord injury and poor posture.

It is possible that you have less swollen haemorrhoids which

remain unseen. They can be sore, itchy, even bleed at times.

This can be managed by: Eat high-fibre foods. Good sources of fibre include fruit, vegetables, wholegrain rice, whole wheat pasta and bread, beans, seeds, nuts and oats.

Drink plenty of fluids particularly water, but avoid

or cut down on caffeine and alcohol.

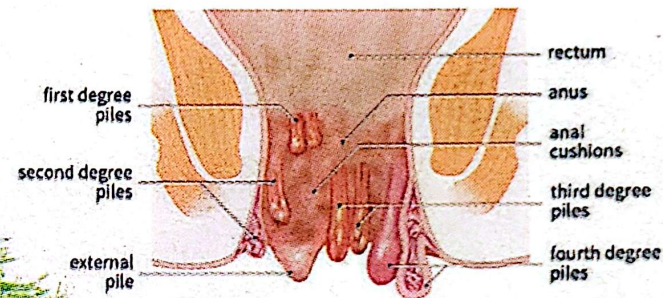
Add one tablespoon of flax oil to your diet and take before each meal.

Sit in a basin of cold water. This may sound shocking, but it will help lessen inflammation and reduce the engorged blood vessel.

Get plenty of exercise. Having vigorous exercise for 15 minutes daily can improve the flow of food in the intestines. This can also help prevent constipation, reduce your blood pressure, and help you lose weight.

If the problem persists, visit specialised doctors.

Dr. Grace Nambatya Kyeyune is a doctor in Medicinal chemistry. Got any inquiries about nutrition for her, send an email to: sundayxtra@newvision.co.ug



The different grades of piles (haemorrhoids)