

## **EXPERTISE COMES FROM PERSONAL EXPERIENCE**

I will never forget my first experience with hemorrhoids. It all started for me when I was just eight years of age. The reason for my first outbreak was simply that I pushed too hard, and in so doing caused my hemorrhoids to bleed.

I was panic-stricken when I saw the paper full of blood. However, my mother comforted me and explained what I had and what they were.

The reason for my pushing until I was blue in the face was that I just could not bring myself to sit on a public toilet seat. This meant that every morning before school I would force myself into a bowel movement. Doing so would ensure that I would not need to use the toilet again over the course of the day.

This scenario is one of the quickest ways of causing hemorrhoids.

Added to this was the reverse situation. If I found I needed to go to the toilet outside the

house, I simply would not go. I would restrain for as long as six to eight hours rather than use a public convenience.

This is also one of the major causes of hemorrhoids.

Even today, after all these years, I still find myself in this predicament, and I simply refuse to sit on a public toilet. I now try to overcome this problem in a variety different of ways.

The most important and most effective way is to try and work my life around it; making sure I am home at convenient times. My bowels have developed a routine over the years, and I am fairly good at regulating my movements so they come at the same time every day – give and take an hour or so.

I do not force myself anymore, and should for some reason I lack the inclination to go, I will not go.

If I am out or at work and I feel the need to relieve myself, I will immediately drop everything and rush home. When the need arises, it is better to go right away. However, waiting for half an hour or so will not cause hemorrhoids.

When I go on holiday and stay in a hotel, I will clean the toilet very thoroughly with disinfectant and put paper around the seat. Alternatively, if I

feel the toilet is still not clean enough, I will put my feet up on the seat and crouch, which is obviously not much fun at all!

I have always had this thing about toilets, and have therefore suffered many different problems because of it, including hemorrhoids.

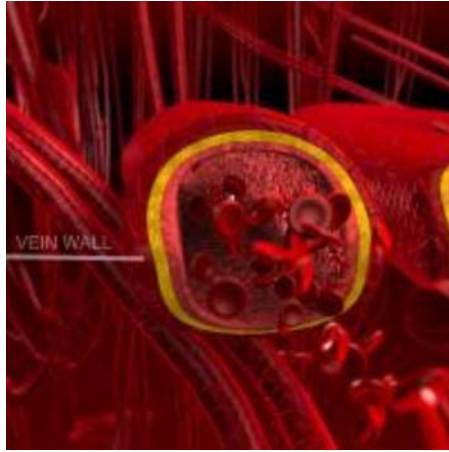
These experiences over the years have made me very passionate and knowledgeable on the subject, and I feel confident that passing on my knowledge to others will only be beneficial.

## **WHAT EXACTLY IS A HEMORRHOID?**

It is very important to gather as much information as possible, and understand everything you can about hemorrhoids – from exactly what they are and what causes them to the best treatment methods available. Following this advice will make you better equipped to tackle the situation. Modern medicine still has no real answer to this problem, and therefore, you are still very much on your own as far as finding solutions goes.

A hemorrhoid is often compared to varicose veins. The vein walls begin to get thin and fragile and hence pop out in the same way they do in those who suffer from varicose veins. With hemorrhoids, the exertion you put on your anus with excessive pushing or restraining causes the vein walls to collapse and fill with blood. This is known as a swollen hemorrhoid.

When further pressure is exerted or the hemorrhoid is irritated with rough toilet paper, the skin surrounding the hemorrhoid breaks, causing blood loss.



Suffering from hemorrhoids is a major issue in our modern society, and this is mainly brought about by our modern way of evacuating ourselves – in other words, the good old toilet seat. This toilet seat method of evacuation is very unorthodox to our natural system, thus causing hemorrhoid problems.

Statistics are available showing that hemorrhoids are rare, and in some cases unheard of, in many developing countries. This is principally due to the lack of installed toilets in many of these places, and the squatting position normally adopted for evacuation.