

Hemorrhoids and Varicose Veins

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Important Deciding Factors: Hemorrhoids are a mass of dilated veins that have enlarged and lost their elasticity. They can be caused by sitting or standing for prolonged periods, lifting objects improperly, straining during bowel movements, lack of exercise and insufficient dietary fiber. They are an indication that all the blood vessels need toning. Varicose veins are a similar indication of poor circulation and a lack of tone in the blood vessels.

Some Products to consider:

- Fiber is very helpful in preventing hemorrhoids and cleaning toxins out of the bloodstream. Eat foods that are high in dietary fiber; such as bran, fresh fruits and vegetables. A high fiber diet is very important in the treatment and prevention of hemorrhoids. For a supplement, **Everybody's Fiber** and **Nature's Three** are good fiber choices. Make sure to drink enough water when adding fiber to a diet (at least half your body weight in ounces, ie if you weigh 100 lbs. drink 50 ounces).
- **Gentle Move** acts as a gentle laxative, as well as hydrates the colon and improves bowel tone and health.
- Mix **Golden Salve** and **White Oak Bark** to apply to hemorrhoids topically.
- **Vari-Gone capsules and/or cream** are helpful in toning veins and improving circulation.
- **Garlic** gelcap used as a suppository can help hemorrhoids.
- For varicose veins, it is also helpful to wear supportive elastic stockings.

Important: The 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 treat-

Help Your Body Stay Healthy with Natural Remedies.

