



Fitness Frontline



How to relieve hemroid pain

**The Farmer Giles exhaust
pipe conditioning program**



Hi, I'm John Miller. Thanks for downloading the **How to Relieve Hemroid Pain** ebook. (I've reverted to the word 'Hemroid' instead of 'haemorrhoid' because 99% of people don't know how to spell the word properly.) Better still though, why don't we just call the problem by its universal name, 'piles'

We live in an era of personally-generated body system dysfunction and if there's one part of the body that's likely to become dysfunctional it's the exhaust pipe.

You get piles with all their complications, pain and inconvenience. It's definitely personally generated.

In a way that's good news, because if you can track down the cause of the problem, there's a good chance that by fixing it up the problem will go away.

Tracking down the cause of the problem is not a tough assignment. It's staring you in the face every time you sit down to eat something. This is definitely a case of 'do it yourself' therapy. You don't need a rocket surgeon to tell you that the problem stems from what you're eating - too much sludge and too little 'real' food that has a high fibre and water content.

This book is designed to get you to change your diet, with most of the changes taking place before you leave for work.

In a few days you'll be feeling much more comfortable. In a few weeks there is a high likelihood the problem will have disappeared.

Of course if it's too far gone and changing your diet doesn't do the trick, then, it may require a medical intervention.

How to Relieve Hemroid Pain

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Eating well is a form of self-respect.

HEMROID TREATMENT

You've probably heard a joke or two about which part of the body is the most important and how the exhaust system usually wins the competition.

If you've ever had hemroids you'll know what I'm talking about. Of all the body system dysfunctions this one can be the most aggravating. Strange thing is that for most people it's personally generated. There's something wrong with their diet that is eminently correctable.

The first inclination when you get the hemroids is to stick some crème up your exhaust pipe. Good move, particularly if it's got some bismuth oxide, balsam Peru, zinc oxide, hydrocortisone and cinchocaine hydrochloride in it. But it's not the only move, far from it.

Most people never get to the second inclination which is to change their diet. And a very small change indeed is needed. It doesn't bring instant relief like the creme but give it a few days and the symptoms start to subside, in some cases dramatically.

I've said a number of times in articles and ebooks that the cause of the problem is rarely at the site of the problem. This is certainly the case with piles. In fact the cause of a dysfunctional exhaust system starts at the other end of the digestive tract - your mouth. It's what you put (or don't put) into it that makes the difference to the operation of the exhaust pipe.

If you're living on fat, flour and sugar there's a good chance that the food residue in your bowel will back up, pack up and, if you don't drink enough water, dry out. When that happens you'll be straining so hard to get rid of the food residue that you'll rip the lining in your exhaust box and end up with hemroids.

Not only is too much fat, flour and sugar the problem, but too little fruit, fibre and vegetables.

The magic addition to your diet is a bit of psyllium husk. Now if you don't know what psyllium husk is you've probably heard of Metamucil, which is psyllium husk coloured, flavoured and three times the price of the psyllium husk on it's own in a plastic bag. It's the husk of a plant grown in India.

In our culture it's traditional to put fibre into the body at the beginning of the day. To do that I recommend rolled oats or muesli, with a spoonful of psyllium husk, some chopped or preserved fruit, some yoghurt, loosened up with fruit juice.

If you haven't tried it before, give it a go. It's palatable and if you're having problems with the exhaust system you should have some relief in a few days.

So popular has this home remedy become that you can buy it in most supermarkets. If you can't find it there then your local health food shop will certainly have it. It's pretty much the case that in order to keep the back end of your system working like a charm you can't survive on breakfast biscuits and a couple of pieces of toast. It's a recipe for exhaust pipe disaster. Too much flour is just not good for this system. You definitely cannot live by bread alone.

Most people new to the psyllium husk, oats and fruit breakfast are going to experience a revelation.

If you have a bit too much psyllium husk it will be a huge revelation, so start with a tablespoon full and then judge how much your body needs after that. Initially you may need a bit more and several times a day just to get the system moving. To speed up the recovery I recommend you drink more water or green tea during the day.

When it comes to digestive function it's quite natural for a 'number 2' to follow a meal. It's a natural reflex that you may have noticed in infant children. Adults are too smart by half, we over-ride this reflex and disrupt it by eating foods that clog the bowel.

2 or 3 '#2s' a day would be about right. If you're getting enough fibre, a number 2 will take about as long as a number 1. If it's rough when it goes in it will be easy to get it out and it will be loose and floating.

You can kiss hemroids goodnight!

And who, if they could help it, would suffer a building, painful fecal impaction? So we make bowel movements to relieve this pressure.

Quite a few people make gardens because they cannot stand the pressure of not making a garden. Others commit murder because they cannot stand the pressure building up to kill someone, either a person known to them or a total stranger. Everything is like that.

Our whole lives consist of metaphorical as well as actual bowel movements, one after the other. Releasing these pressures can have greater or lesser consequences in the scheme of our lives. But they are all pressures, all bowel movements of some kind.

At a certain age, children are praised for making a bowel movement in the approved manner. Later on, the praise of others dies down for this achievement and our bowel movements become our own business, although we may continue to praise ourselves for them.

But overpowering pressures go on governing our lives, and the release of these essentially bowel-movement pressures may once again come up for praise, congratulations, and huzzahs of all kinds.

Thomas Ligotti

ANATOMY OF A BOWEL ACTION

THE HEALTHY BOWEL

A healthy bowel is a clean bowel with food moving through it in a rhythm dictated by the meal schedule.

Technically speaking, with a healthy diet, #2 should be happening shortly after each meal.

As soon as food enters the front end of the bowel, there is a reflex action designed to stimulate the back end of the bowel.

So after eating today's breakfast, with a healthy digestive system, the body will eliminate yesterday's lunch.

For this to happen you need to have a diet with adequate fibre, fruit and vegetables, plenty of water and not too much fat, flour and sugar.

Anyone with infant children or domestic animals will know this to be the natural order of things.

The bowel action will be loose and floating.

UNHEALTHY BOWEL

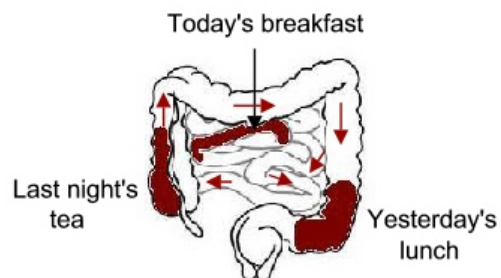
If you eat soft, oily, fatty food, coupled with a diet comprised of flour and sugar and inadequate water, the bowel backs up, packs up and the fecal matter within in dries out.

Waste is difficult to eliminate. The normal elimination reflex is over-ridden. #2 is happening only once a day or less.

On the occasions when you feel the need to evacuate, all you can do is choke off a few rabbit pellets after breakfast and to do that you need to push so hard you rip the lining of your exhaust pipe. You end up with piles.

But it gets worse. The part of the bowel designed to absorb the essential nutrients from the food also gets clogged up. You can't absorb the vitamins and minerals your body needs to function at the high performance level.

You're starving on a full stomach. Actually most people are starving on full stomachs for one or both of two reasons, firstly a diet lacking in essential nutrients, secondly poor absorption.



The inexorable slide into metabolic dysfunction begins. Your doctor will rarely attribute aspects of this dysfunction to either an inadequate diet or your body's ability to absorb this essential nutrition. You will be prescribed medications to mask the symptoms instead of cleaning out your bowel so that essential nutrients can be absorbed.

COLON CLEANSE

If you want evidence of what happens when a bowel gets clogged up, do an image search on the internet for 'colon cleanse.' Some of the results defy imagination.



If you've got a bowel caked with decaying fecal material the chances of you living in rude health is quite remote.

Technically speaking your bowel is on the 'outside' of your body. It's not until the essential nutrients get into your blood stream that they can really said to be on the 'inside' of your body.

RULES OF THUMB FOR A HEALTHY BOWEL

So the rules of thumb a for a healthy bowel are,

- #2 should be happening 2 or 3 times a day.
- #2 should only take about as long as a #1
- #2 should be loose and floating
- If it's soft, oily and fatty on the way in it will be hard to get out.
- If it's rough on the way in it will be easy to get it out.



Healthy bowel,
Clean bowl.

MAKING IT HAPPEN

The best way I know to loosen your bowel and fix up your exhaust system is to start the day with a high fibre breakfast.

Start with some raw rolled oats in a cereal bowl.



Add a couple of table spoons of psyllium husk and mix it in with the oats.

You'll be able to get a packet of psyllium husk from your super market and if they don't have it, you'll get it at a health food store.



Add plenty of juice to loosen the mix up, preferably juice you make yourself using fresh fruit.



You will need to really juice the mix up because the psyllium husk really absorbs the moisture.

Chop or blend up some fruit and put it on top of the mix.



Top it off with a few table spoons of Greek Style, unsweetened yoghurt



What you'll end up with is quite a large meal, exceptionally high in fibre, nutritious and the key to maintaining a healthy exhaust system.

THICK SHAKE FROM HEAVEN

Here is my recipe for the thick shake from heaven

- place into a food processor or blender a selection of fresh fruit and vegetables - carrot, parsley, celery, cucumber, broccoli, pear, apple, orange ...
- add some high fibre supplement (oats mixed with psyllium husk)
- add a couple of heaped table spoons of Greek style yoghurt.
- add some fresh juice.



You've now got yourself a meal, one that will keep your bowel healthy, fix up your exhaust pipe and get rid of piles.

If you use these as meals (and I can guarantee that each one is a decent meal when you take into account the amount of fruit and vegetable), you'll soon find yourself losing weight. Plus your cholesterol level will decline.

In the initial stages it may be advisable to have one or two smaller doses of 'the mixture' during the day to relieve pressure on the exhaust pipe.

Your diet is a bank account. Good food choices are good investments.

DIET QUESTIONNAIRE

1. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

2. Do you eat a **decent breakfast** or is it just flour and sugar?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

3. For your weight do you eat a **high fat** diet?

Yes

No

0	1	2	3	4	5	6	7	8	9	10

4. For your weight, do you eat a **high flour and sugar** diet?

Yes

No

0	1	2	3	4	5	6	7	8	9	10

5. Do you eat predominantly from the top of the **Hourglass**

No

Yes

0	1	2	3	4	5	6	7	8	9	10

6. How many glasses of plain, unadulterated **water** do you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

7. Do you believe you're getting enough of the **essential vitamins, minerals ...**?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

8. Do you **eat too much**?

Yes

No

0	1	2	3	4	5	6	7	8	9	10

9. Are you ruled by your **cravings** for foods with a high sugar content?

Yes

No

0	1	2	3	4	5	6	7	8	9	10

10. Does the **back end** of your system work like a charm?

No

Like a charm

0	1	2	3	4	5	6	7	8	9	10

If you want to be fit and healthy, eat the way fit and healthy people eat!

TOTAL

THE FINAL WORD - PURE RELIEF

There are any number of proprietary crèmes and salves (muffler putty) you can apply to relieve hemroid pain. I'd suggest Proctosedyl because it contains a bit of hydrocortisone and cinchocaine hydrochloride.



Relieving 'the itch'

A diet that fosters the growth of piles is often attended by Candida fungus. The longer term remedy is a drink of water containing a tablespoon of apple cider vinegar – a couple of times a day.

Gradually over the weeks and months it helps to balance your pH. The symptoms of Candida fungus - snotty nose, furry tongue, thrush and tinea, together with anal and jock itch start to disappear.



When it comes to 'the itch' one thing I can vouch for is paw paw cream. It works well in tandem with apple cider vinegar, In fact paw paw cream would have to be just about the most useful of all over the counter creams - itches, bites, rashes, exhaust pipe and jock itch and tinea, ..., you name it, think paw paw.



