

**Don't Panic!  
They're  
Just  
Hemorrhoids  
& Lose Weight Easily  
& Eyesight Improvement**

**Researched & Written by Mat Clarke**

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**Stop hemorrhoids in their tracks and never get them again. Also, how to never get hemorrhoids in the first place!**

It's a scary world where your bottom can bleed, itch and burn like it's on fire. Especially when it's accompanied by a part of your body swelling up and poking out.

Why is it happening to me?

How is it happening?

Did I do something wrong?

I don't know what's going on and I don't know what to do about it!

Never fear, I have researched this ailment extensively so that I can inform you on what exactly is going on down there, and give you the knowledge you need, so you can make an educated decision on what you should do about it straight away. You'll also discover that having inflamed hemorrhoids is not the end of the world. In fact you'll live a completely regular life. You just need to know what to do.

Oh, and another thing, yes the swelling will go down and the pain will go away.

Feel better?

Good.

You will have some solid work ahead of you in doing your part in helping this process along.

There's no miracle fix. Just some mild regular maintenance to keep your body running the way it was intended.

**New:**

If you've tried to lose weight before but struggled, you'll find a simple to follow guide inside this book to help you lose weight and keep it off. No strange diets, not strange foods to eat, and you don't have to become a marathon runner or super athlete!

**New:**

Get your eyesight back to the way it used to be when things weren't so blurry. Reclaim your younger self's vision and keep it!

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Brad Corbett, the health and fitness expert who has kindly agreed to add his thoughts upon reading, *Don't Panic They're Just Hemorrhoids*.

*“A great little book with straight forward information and helpful tips on what to do about a sometimes embarrassing condition.”*

Brad Corbett

Osteopath, Sydney, Australia

[bodiesinbalance.com.au](http://bodiesinbalance.com.au)

# Disclaimer

Let's get this disclaimer out of the way before we look at chapters and what this book can do for you.

All writings contained within this book are intended as a guide only. The author, publisher, supplier and anyone involved with this book is not a doctor. It's your job to read what is written here and decide if it's right for you.

Some of the information may have been advised from doctors, but is not endorsed. Instead, doctors have given this information to the author as a research topic, so is not to be followed as doctor's advice.

Everything written in this book is for people who know they have hemorrhoids and have no other ailments causing their symptoms. Also, it is only for very minor hemorrhoids.

Once you suspect you have hemorrhoids, or if you have blood in your stool or on your toilet paper after wiping or in the toilet bowl, then the safest course of action is to seek medical advice from a licensed practitioner. There's no shame. And it's quite a common condition.

It has been said that approximately one in four will get hemorrhoids at some time in their life. So there's a chance your doctor has had them. If not, he or she has certainly seen a lot of cases.

Some countries also have online help that is offered by a licensed doctor. Others have a free nurse you can call, which is run by the country's government. You may wish to seek this avenue if you are embarrassed by your hemorrhoids and are determined not to see a doctor.

I advise reading the entire book rather than just a chapter or two. This way you are fully informed and can make the right decision.

All done!

I really don't want anyone hurting themselves or doing anything that may lead to harm further down the track. I've compiled this information to help you rid yourself of hemorrhoids forever. It's easy, it's healthy and it's going to change your life. Advise your doctor of this book, if you like, and what you intend to do to get rid of your hemorrhoids.

(When there is blood in your stool there is a chance it could be something else and not hemorrhoids. Don't worry yourself over what it could be though. Catching these kinds of things early is key. So see your doctor.

I will say this also, if it's an external hemorrhoid, which is what a lot of people mostly

suffer from, it will be like a little tadpole head poking just outside your anus (butt-hole). Yep, that's hemorrhoids.)

In regards to weight loss, it is also a good idea to follow your doctor's instructions, especially if you have certain nutrition requirements.

When performing the eyes eight exercises, it is a good idea to be sitting down in case you become a little dizzy. In the unlikelyhood you experience any discomfort, stop the exercises and see your doctor.

## **Chapters**

### **Introduction**

About Hemorrhoids & this book

### **Chapter 1**

#### **First Things First**

Why you have hemorrhoids and what you should do about it.

### **Chapter 2**

#### **What kind of hemorrhoids are there?**

Symptoms and causes.

### **Chapter 3**

#### **No miracle cure and no quick fix**

They only go away when you change what made them appear in the first place.

### **Chapter 4**

#### **Treating your hemorrhoids**

Things you can do now. What you can buy.

Don't irritate your hemorrhoids. Here's how.

### **Chapter 5**

#### **Keeping Hemorrhoids at bay**

Now that you have hemorrhoids, it's probable you'll get them again.

Here's how to avoid that.

The easy ongoing maintenance for never getting hemorrhoids again.

OR, never getting them in the first place.

## **Chapter 6**

### **Easy Weight Loss**

An easy and healthy way to lose weight, or sustain it.

You'll also feel better, giving yourself a more positive and greater longer life.

## **Chapter 7**

### **Exercise Your Eyes**

Yes, it is that simple to get your eyesight back to the way it was 20-30-40 years ago.

An easy guide with simple steps.

## **Links to Mat Clarke**

# Introduction

Hemorrhoids, hemorrhoids, hemorrhoids. Or maybe you spell it hemroids or haemeroids. Or just call them piles. No matter what we call them they're still a pain in the butt!

Everyone has hemorrhoids it's just that one or more of our hemorrhoids are swollen, filled with blood and the vein walls stretched.

Is there a little tadpole head sticking out? Or maybe there is a little blood on your toilet paper or in the toilet bowl?

Well, the bad news is that it will stay like that until our body heals. The good news is, if we look after our body and our bottoms, then we'll eventually get rid of that pesky hemorrhoid (in most cases). Before you can get rid of them we need to work out why they're there. Also, are they internal or external hemorrhoids?

The reason I decided to write this book was because I discovered that people are not only horrified over getting hemorrhoids, but also become so embarrassed they won't go and see a doctor. This means that the hemorrhoids go untreated. And untreated hemorrhoids can have the potential of leading us down a very painful path! Also, if a person within our immediate family has hemorrhoids or just an irritation back there, it's likely the rest of us will get them as well. Prevention is the best cure!

I have organized these few notes into one small booklet to give people a good head start in treating hemorrhoids and help us manage and then rid ourselves of them forever.

In this text I will sometimes refer to hemorrhoids as hems because its quicker. Also, rather than saying faeces (feces) or stool, I'll sometimes just say poo. This is a nitty-gritty topic, so why sugar coat it.

Note, for Kindle users (and other ebook users): Kindle sometimes takes you to the Contents Page and skips over important information at the start of the book such as, The Disclaimer. Please skip back to the beginning of the book so you can read through all the information. Thanks.



# Chapter 1

## First Things First

What's going on with my body?

There are many reasons why you get hemorrhoids. If you're older it could just be that it's your time. If your weight has become an issue then it could be a diet too high in sugar, processed foods, fast foods and other nasties. Maybe you don't eat enough fruit or vegetables or maybe you don't get enough exercise.

It could be you have had a bad case of extended diarrhea. Maybe you're pregnant, which can then put pressure on your bowel. Do you strain when you're on the toilet? Or sit there too long? Stand or sit somewhere for many hours without exercise?

Any of these things can give you inflamed hemorrhoids. And now that they're there, you need to work out what you can do about it.

The best thing for anyone (hemorrhoids or not) is to immediately begin eating better.

Less processed foods. Buy more of the kinds of foods you buy whole and then have to chop up yourself and cook on a pan or in a pot. Or foods that can be eaten raw without cooking, such as salad and fruit.

Organic foods certainly will help in a lot of instances. You'll then be digesting less chemicals and hormones and pesticides. Also, a lot of the time the organic foods will be higher in vitamins and minerals.

Try having fruit and vegetables as snacks instead of ready made bars or other processed foods. Raw carrot and celery cut up into bite-sized fingers and put into a container with filtered water is an easy to go snack.

Exercise is another good idea. 30 minutes a day in front of the TV or outside. Ride your bike to the local store or run to your local store instead of driving. You have to be sweating by the end and breathing hard for those 30 minutes. Walking for 30 minutes isn't enough, unless it's a very brisk walk.

## **Chapter 2**

### **What kind of hemorrhoids are there?**

There are two forms of hemorrhoids:

Internal hemorrhoids you can't see, unless they become prolapsed. Which means it protrudes into the anal cavity.

Maybe you have blood in your poo or maybe there is another tell-tale sign that you have hemorrhoids? Without a hemorrhoid sticking out of your bottom, or without the burning sensation back there, it's harder to know what's going on. Plus, there are fewer things you can do to treat the hemorrhoids directly. So mostly it will depend on a better diet, how you sit on the toilet, eating better, etc.

And external hemorrhoids:

Both can be caused by straining. And straining is common with people who don't eat terribly well, don't get enough water and fibre (fiber if you use American spelling). Also if you're too sedentary, such as sitting at a computer or in a vehicle all day or are pregnant.

Maybe you sometimes find yourself straining if you sit on the toilet in a rigid upright position. Sitting with your back straight will have the effect of kinking your bowel like you would kink a garden hose. This will then increase straining when you try and poo. If you sit in a position that resembles squatting, you will find it a lot easier to go.

External hemorrhoids are the ones where a little tadpole head is poking out of your bottom, or it could be just inside. You may also have blood in your poo or on your toilet paper after wiping. Or your bottom just hurts, stings, burns or itches when you sit or walk.

External hems can also be caused by irritation. A few of those irritations are: wiping your bottom too hard with bad quality harsh toilet paper, not cleaning your bottom properly so that when you walk the poo chaffs against your hemorrhoids and gets sore, sitting on cold surfaces for too long, if you're too sedentary such as sitting at a computer or in a vehicle all day, have a case of the runs (diarrhea) and lastly if you aren't eating good healthy foods.

Just to clarify, the external hemorrhoid sticking out of your bottom is actually an already existing natural vein that is something akin to a cushion for your bowel, it's just that for now, it has become swollen. Everyone has them. They actually help poo leave your body. They are not evil, they are useful.

This small part of your body has somehow become irritated, then swelled and possibly has a small blood clot preventing it from going back down in size. But don't worry. The swelling will go down in time (around 2 months depending on the clot). So, during this time you will need to treat your body like a temple not a garbage can.