

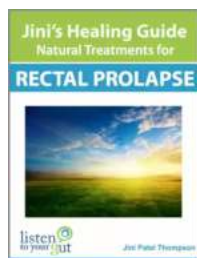
# Natural Treatments For Rectal Prolapse: Rediscovering Healing Remedies



Rectal prolapse is a medical condition that occurs when the rectum protrudes outside the anus. It can cause discomfort, embarrassment, and affect a person's quality of life. While surgery is often recommended, there are several natural treatments available that can help alleviate symptoms and potentially reverse rectal prolapse. In this article, we will explore some of these natural remedies and how they can improve your well-being.

## 1. Aloe Vera Gel

Aloe vera gel has been used for centuries for its healing properties. Its soothing nature can help reduce inflammation and discomfort associated with rectal prolapse. Applying pure aloe vera gel topically to the affected area can provide relief and promote healing.



## Jini's Healing Guide: Natural Treatments for Rectal Prolapse by Jini Patel Thompson(Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 958 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 18 pages  
Lending : Enabled





## 2. Pelvic Floor Exercises

Pelvic floor exercises, also known as Kegel exercises, can strengthen the muscles around the rectum and anus. These exercises involve contracting and relaxing the pelvic floor muscles, which can help improve muscle tone and support the rectum, reducing the risk of prolapse.

## 3. Herbal Supplements

Many herbal supplements have shown promising results in treating rectal prolapse. Horse chestnut, witch hazel, and butcher's broom are known for their anti-inflammatory and venotonic properties. These herbal remedies

can help reduce swelling and improve blood circulation, aiding in the healing of rectal prolapse.



#### **4. Dietary Changes**

Proper nutrition plays a vital role in rectal prolapse management. Including fiber-rich foods in your diet can prevent constipation and reduce straining during bowel movements. Foods like fruits, vegetables, whole grains, and legumes are excellent sources of fiber and can help maintain regular bowel movements.

#### **5. Warm Sitz Baths**

Warm sitz baths can provide relief from discomfort caused by rectal prolapse. Soaking the affected area in warm water for 10-15 minutes several times a day can help reduce inflammation and ease pain. Adding Epsom salt or chamomile tea to the water can enhance the soothing effect.



## 6. Yoga and Meditation

Incorporating yoga and meditation into your daily routine can help manage stress, improve blood circulation, and support overall well-being. Specific yoga poses, such as the child's pose and knee-to-chest pose, can provide relief and promote healing of rectal prolapse. Meditation can also help reduce anxiety and discomfort associated with this condition.

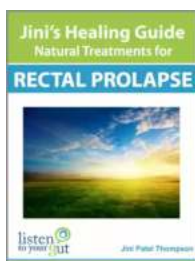
## **7. Probiotics**

Gut health is closely linked to various aspects of our well-being. Taking probiotics, either in supplement form or through fermented foods like yogurt and kimchi, can improve digestion and strengthen the immune system. A healthy gut can contribute to better overall health and potentially aid in rectal prolapse management.

## **8. External Support Devices**

In some cases, external support devices like rectal braces or anal inserts can be used to provide additional support to the rectum and prevent prolapse. These devices are non-invasive and can be customized to fit individual needs. Consulting a healthcare professional is essential before using any external support devices.

Rectal prolapse can be a challenging condition to deal with, but natural treatments offer hope for improvement and potential reversal. Incorporating these natural remedies into your lifestyle can help manage symptoms, promote healing, and improve overall well-being. However, it is important to consult with a healthcare professional before initiating any new treatment plan. Embrace these natural treatments and rediscover healing remedies for rectal prolapse.



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In Jini's Healing Guide: Natural Treatments for Rectal Prolapse, colon and bowel syndrome expert Jini Patel Thompson offers you detailed instructions for treating rectal prolapse with natural remedies and alternative therapies, and tells you how to prevent it from occurring.

The rectum is the last 12 to 15 centimeters of the large intestine, just above the anal canal. Normally the rectum is securely attached to the pelvis by muscles and ligaments that hold it in place, but various factors and conditions may weaken these attachments, and cause it to slip lower.

What is rectal prolapse? Rectal prolapse occurs when the tissue that lines the rectum falls down into or sticks out through the anal opening. There are different types and degrees of rectal prolapse. Rectal prolapse can start off with tissue protruding only during bowel movements; then it may protrude during sneezes or other abdominal contractions; then progress to protruding during activities like walking, and eventually it may reach chronic protrusion, where the rectum fails to retract at all.



What causes rectal prolapse? Constipation and straining to defecate play a major role in causing and aggravating rectal prolapse. Rectal prolapse can also result from conditions including cystic fibrosis, multiple sclerosis (MS), paralysis, and malnutrition and malabsorption (as a result of celiac disease as an example), or infection with pinworms or whipworms.

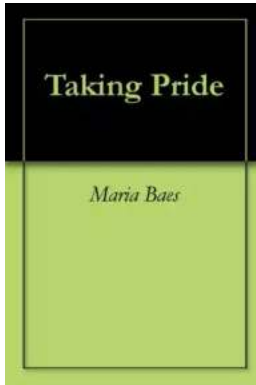
Rectal prolapse is also commonly caused by large hemorrhoids, injury to the anus or pelvic area, weakened, stretched or traumatized pelvic muscles and ligaments, aging, childbirth, and anal intercourse.

What are the symptoms of rectal prolapse? If your rectum has prolapsed, you may experience pain in the rectal area. You will likely see a pink or reddish-colored mass of tissue sticking out from the opening of the anus, especially after a bowel movement. The lining of the rectal tissue may be visible, and may bleed slightly. You may experience some fecal incontinence or unpredictable bowel habits, including diarrhea.

Rectal prolapse is often surgically corrected. However, the surgery can cause scar tissue and adhesions, which can narrow the rectal canal and cause difficulty having bowel movements. Repeated straining can then give rise to hemorrhoids or rectal and anal fissures, which often accompany rectal prolapse.

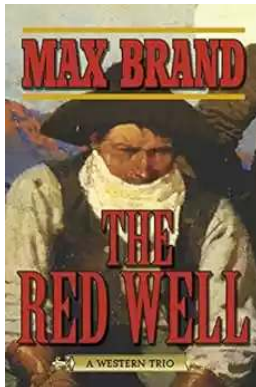
This eBook gives you herbal remedies with dosages and instructions, a number of tried and tested techniques you can carry out yourself, and recommendations for specific bodywork therapy.





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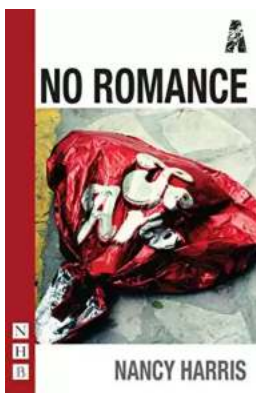
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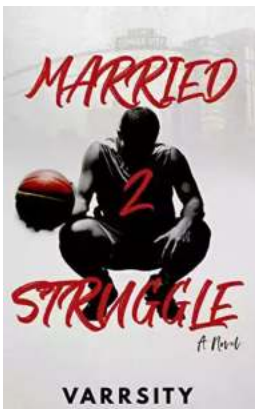
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