

HEALING AN ANAL FISSURE

Managing Your Diet & Lifestyle

Keep a detailed food diary every single day. Include what you eat, when you eat and your bowel movements. Our bodies react differently to certain foods. E.g. some people get constipated by consuming red meat while others are fine. Keeping a diary lets you understand what works for you.

Sample Diet

This diet will keep bowel movements small and soft:

1. Breakfast (8-9am)

Omelette: 2-3 eggs, 1 tablespoon of avocado oil and 2 low fiber vegetables like zucchini, cucumber and tomato.

2. Snack (11am)

Kiwi fruit is your friend. Eat 1-2 kiwi fruits without the middle fiber portion. If you're out with limited options, get a fruit smoothie like Naked Juice™ but check the fiber content.

Note: low-medium ripe bananas can make your stool firmer. Ripe bananas (with brown spots) in contrast will make your stools softer.

3. Lunch (12-1pm)

Steamed rice and steamed vegetables. Add avocado oil and Celtic sea salt for flavor.

Rice is recommended for episodes of diarrhea. It works by firming up the stool. Note: this applies only to freshly cooked rice.

Keep your un-used rice. Allow it to cool down and keep in the fridge overnight.

This allows the rice to form resistant starch which feeds the good bacteria in your gut. Resistant starch also means that your blood sugar levels won't spike as much as with freshly cooked rice.

To make rice from the fridge more palatable, steam for about 10 minutes to add moisture and then eat.

4. Dinner (6-7pm)

Another rice bowl with vegetables and a small portion of protein (meat or vegetarian option) shortly after - but not at the same time as the rice/vegetables.

Combining starches with protein will bulk up your stools.

Google "food combining" and "sequential eating" for more about this.

Assuming that your digestion is good and your fiber intake is low, your stools should not be big.

Try it out and see if you notice a difference: you'll get a heavy feeling if you eat starches and protein together.

Chew your food extra thoroughly (especially meat) before swallowing to aid digestion.

Junk Food

Avoid the junk: you don't want a sluggish digestion as this will result in painful stools. Limit your take-aways and stick to home made food while you're healing.

Starches

Foods like bread, pasta, waffles, donuts, pancakes, crepes and sweet potato: these all cause hard stools. Cut them out or limit consumption.

Lifestyle

- Drink 3 quarts of water a day to pull into the colon and keep stools soft.
- Exercise to keep your digestive system regular (a 5-10 minute run every day is enough. If you can't run go for a swim. It's easier on the joints).
- No codeine or other opiate narcotics: they cause constipation.
- Consume fiber rich foods like fruits, vegetables, oatmeal and whole grain.

Food And Drink To Avoid

1. Foods: nuts and seeds can cause a re-tear.
 - Limit consumption of fried foods, red meats and wheat.
 - Bread makes your digestion sluggish.
2. Drinks: stick to water and fresh juices (fruit/vegetables).
 - Limit caffeine containing products: tea, coffee, cola & energy drinks and also limit alcohol. These drinks cause dehydration. If you must have them, top up with extra water.

Bowel Movements

Aim for 1-2 bowel movements a day to keep the stools small.

Use a laxative to help if you need.

If you're not having a bowel movement at least daily then you're building up a bigger and more painful stool.

Using Medication To Keep Stools Soft

Miralax, available from here: <https://amzn.to/2lgcHeq> is your new best friend! Use it for softer stools.

Miralax will help you broaden your diet but don't use it as an excuse to eat junk. Your body isn't going to heal if it's not getting the nutrients that it needs from healthy food.

Dose: start with 1 cap a day. As your fissure starts to heal (less blood, less pain) reduce down to $\frac{3}{4}$ cap and then $\frac{1}{2}$ cap.

You may be on $\frac{1}{2}$ cap daily for many months. This is fine, Miralax is non-habit forming for the colon.

The Healing Phase

As your fissure starts to heal, you'll want to introduce supplemental fiber into your diet. It's difficult to hit the daily intake of fiber with food alone.

But *only* do this once you've got some strength down there.

Bulking up your stool will help to spread scar tissue out and re-gain elasticity in the anal canal.

Metamucil, available from here: <https://amzn.to/2WCH7cD> is organic psyllium husk and is a fiber supplement.

Dose: take one tablespoon in the morning. Introduce the fiber very slowly. You don't walk bulky stools that cause a re-tear.

After a week you can start adding one tablespoon at night so that you're now taking it twice a day (morning and night).

Magnesium, available from here: <https://amzn.to/2WxIPvM> will help to prevent constipation, is good for muscle cramps and will also improve your sleep. Most adults on the S.A.D. (standard American diet) are deficient in magnesium.

Dose: one 400mg capsule daily (best in the evening to promote deep sleep).

Dealing With Constipation

Use enemas if severely constipated. Miralax will help keep you regular.

Use **organic virgin coconut oil**, available from here: <https://amzn.to/2X6naub> freely in your diet and also topically.

Coconut oil has antiseptic properties and when consumed helps lubricate the digestive system.