

# Hemorrhoid Information: Eat Breakfast and You Won't Get Them

by Louis Cruz

It has been long known that breakfast is the most important meal of the day. And this is for many reasons. Breakfast stabilizes sugar during the day preventing cravings and the tendency to eat junk food. It provides brain energy for the rest of the day and prevents the body from using its own resources to get the energy needed. It also helps in avoiding weight problems.

People who eat breakfast are less tempted to eat at night when the metabolism is slow and the body is more liable to gain weight. Science has also proven that if you don't eat breakfast, you are more likely to develop hemorrhoids than a person who does eat breakfast. This is such valuable data on hemorrhoid information. I haven't heard many talk about this topic.

Well, this conclusion is based on clear scientific logic, but don't worry, I have two studies that confirm this logic. One of these studies was performed not too long ago. In 1997[1], scientists compared a group of persons who ate breakfast with those who did not. A total of 47 patients were studied. The group was divided in two groups: One group that suffered from hemorrhoids and another group that didn't. The results of the study were conclusive. It was found that 36% of the group that suffered hemorrhoids didn't eat breakfast. While only 11% of those in the control group didn't eat breakfast.

The results clearly indicate that non-breakfast eaters suffer 7.5 times more from this condition than those who do eat breakfast.

It is surprising to see how simple life-style habits can have a powerful effect on the human body.

Why does skipping breakfast cause hemorrhoids? The answer is presented in another study that showed clearly that not eating breakfast causes constipation[2]. Constipation is a known cause of hemorrhoidal problems.

So what should I eat for breakfast? Here are some recommendations:

1. First, drink a glass of water as soon as you wake up. Wait 1/2 an hour and eat a good breakfast
2. Breakfast should not be after 9:30 a.m. The body suffers when too many hours pass by without food
3. Eat your fruit in the morning. They provide vitamins and fiber that promote a health digestive tract
4. Eat some whole grain in the morning such as oats and high fiber whole wheat bread
5. Have a source of protein such as soy milk, nuts, or eggs

This is the simplest way to avoid diseases of the digestive tract including hemorrhoids. The simple things we do in life and with our body will have a long term effect. Follow this simple habit and you'll reap the benefits.

1. Ahmed, S.K. and H.J. Thomson, The effect of breakfast on minor anal complaints: a matched case-control study. J R Coll Surg Edinb, 1997. 42(5): p. 331-3.
2. Kunitomo, M., M. Nishi, and K. Sasaki, The relation between irregular bowel movement and the lifestyle of working women. Hepatogastroenterology, 1998. 45(22): p. 956-60.

## About the Author

Louis Cruz is a naturopathic practitioner since 1984. For a 5 part Email Course explaining why you should treat hemorrhoids naturally...go to: <http://hemorrhoidcurein48hrs.com/blog>