

Hemorrhoids

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

29 Next Steps

- 29 Your Lab Results

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

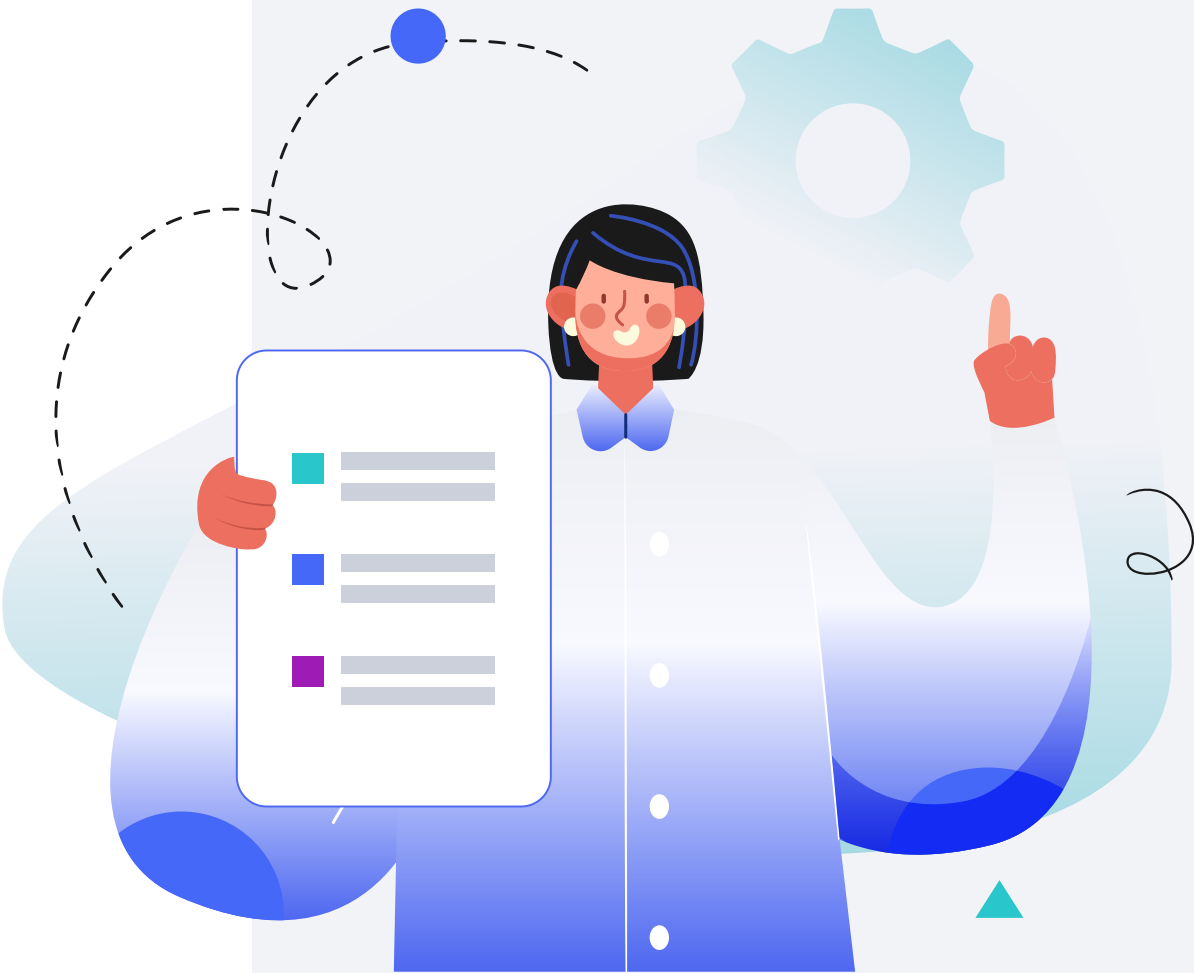
Male

HEIGHT

5ft 5" 165cm

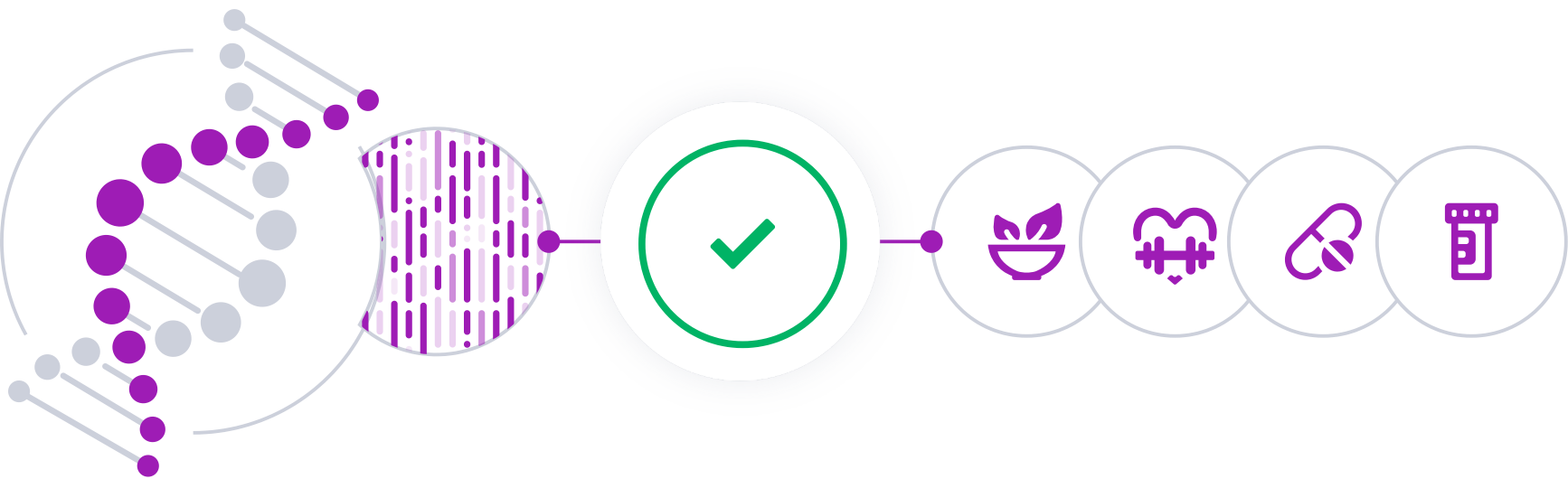
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

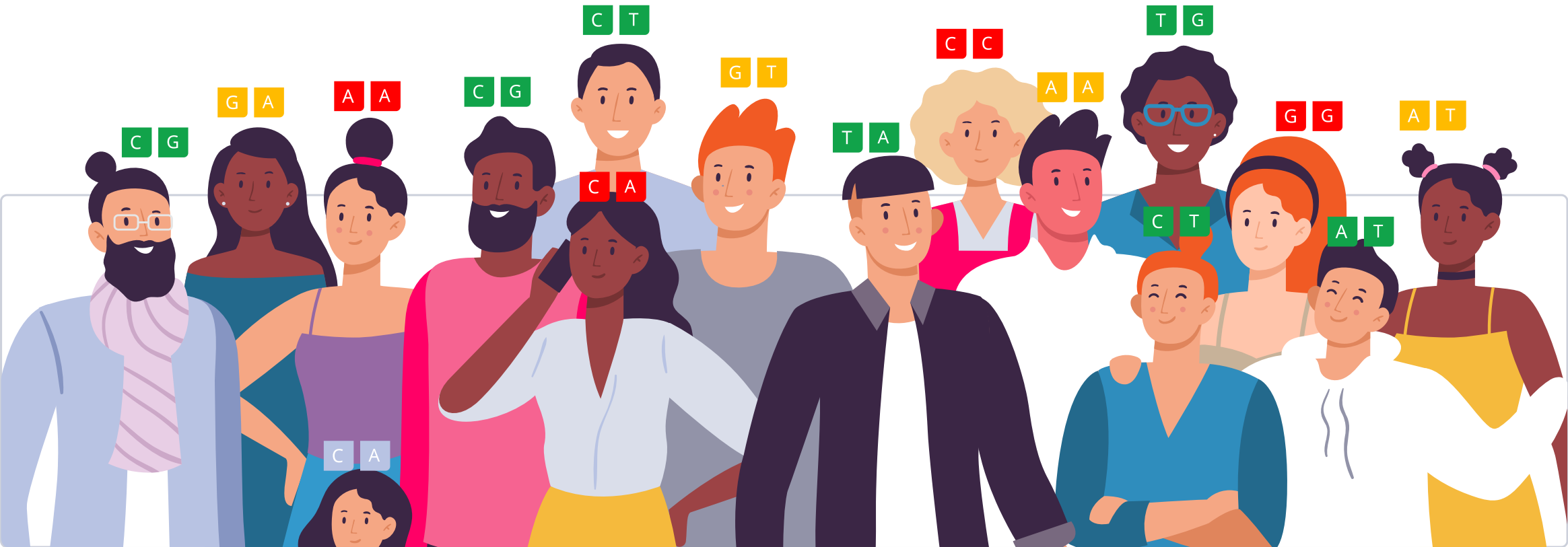


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

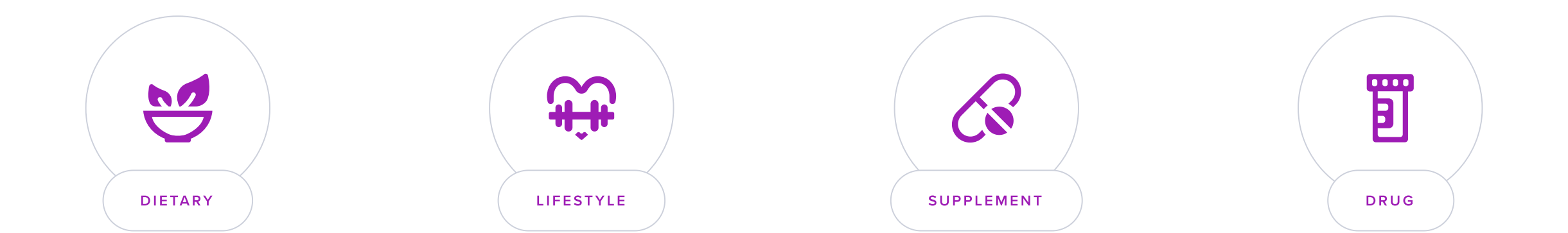
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

What do Marilyn Monroe, George Clooney, and Lil Wayne have in common?

You probably guessed it. They all reportedly suffered from hemorrhoids (Lil Wayne even used the word ‘hemorrhoid’ in one of his lyrics... no, really, check it out).

Hemorrhoids have been a pain in our behind for almost all recorded history. In fact, an itchy, irritated anus might even be the difference between winning and losing a war!

Researchers believe that the French emperor Napoleon may have lost his final battle at Waterloo as a result of having painful thrombosed hemorrhoids [\[R\]](#)!

Maybe Napoleon would have won if he could potentially modify his risk of hemorrhoids?

Genetics is just one of the risk factors when it comes to hemorrhoids. Others include excessive straining, constipation, aging, and pregnancy [\[R\]](#), [\[R\]](#).

The genetic element of this condition is intertwined with some of the other risk factors. For example, individuals who carry a certain variant of the [MORC2](#) gene may be at greater risk of constipation. In turn, this could increase their strain on the toilet.

By identifying links between your genetics and other risk factors, you can make alterations to potentially lower your risk. In the above example, those who carry the variant could particularly benefit from getting sufficient fiber, which can help soften the stool and reduce constipation [\[R\]](#), [\[R\]](#), [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in hemorrhoids**
- **Your genetic risk score based on over 680,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Hemorrhoids

Key Takeaways:

- Hemorrhoids are a very common condition. Your genetics can make you more susceptible to them.
- Mild cases can be managed with eating more fiber, drinking more water, topical creams or suppositories, soaking in a warm bath, and pain medication. Talk to your doctor if symptoms persist beyond a week.
- If your genetic risk is high, taking more precautions to avoid straining during bowel movements and constipation may prove beneficial.
- Click the **next steps** tab for relevant labs.

Hemorrhoids are swollen veins in the anus or lower rectum. They are also called *piles*. They can be [R, R, R, R]:

- **Internal** (on the walls of the rectum)
- **External** (under the skin around the anus)

Hemorrhoids are very common. **In fact, up to 3 out of 4 adults will have them at some point in their lives** [R].

The risk of hemorrhoids increases as the body ages. Hemorrhoids can also occur during pregnancy [R].

Symptoms can vary between different types of hemorrhoids. The symptoms of **external hemorrhoids** may include [R, R]:

- Itching
- Swelling
- Bleeding
- Pain

The symptoms of **internal hemorrhoids** may include [R, R]:

- Bleeding during bowel movements
- Pain and irritation if a hemorrhoid pushes through the anus

In rare cases, hemorrhoids may cause complications such as [R]:



MORE LIKELY

More likely to have hemorrhoids based on 640,366 genetic variants we looked at



PERCENTILE



Your risk is greater than 90% of the population and lower than 10% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs676996	GG
MUC12	rs4556017	TT
SFMBT1	rs9847710	TT
THBS2	rs3253	TT
PPIE	rs11585073	AT
XKR9	rs1838392	TG
ATPAF2	rs854786	AA
NLRC4	rs6723226	GG
ESR1	rs9322356	AG
/	rs12153515	TC
MTCH2	rs10838738	AG
AMPD3	rs2218793	CA
PLEC	rs58579887	CT
CCAR2	rs13271626	CG
KANK2	rs2421206	GT
/	rs7183672	AG
PRKCA	rs4423457	AG
PIAS1	rs12594232	AG
TBX5	rs2555004	AG
ASPN	rs755209	GA
/	rs7423637	TA
OTX1	rs4671051	TA
ISL1	rs4485884	AT
SPRY1	rs2060285	AC

- A lack of healthy red blood cells (*anemia*)
- Blood clots in the hemorrhoid
- Extreme pain if blood supply to the hemorrhoid is cut off

If you have rectal bleeding, don't assume that hemorrhoids are the cause. Rectal bleeding can occur as a result of other conditions, some of them more serious. Be sure to see your doctor if your bleeding lasts longer than a week or you bleed during bowel movements [R].

In most cases, hemorrhoids can be managed at home. Some options for mild cases include [R, R]:

- Eating foods high in fiber
- Drinking more water
- Creams or suppositories
- Soaking in a warm bath
- Painkillers

If these strategies don't help within a week, a doctor may recommend [R, R]:

- Topical medication
- Injectable treatments (sclerotherapy)
- Surgical removal

Genetic differences may play a role in people's chances of developing hemorrhoids. Genes involved in hemorrhoids may influence the function of [R]:

- Muscles in the anus
- The gut
- Blood vessels

GENE	SNP	GENOTYPE
ATP1B1	rs145163454	TT
TP53	rs78378222	TT
LLPH	rs11176001	CC
SMAD3	rs17293632	CC
ETAA1	rs2861709	AA
SLC40A1	rs16831319	TT
MYH11	rs6498573	CC
MYOCD	rs62061554	GG
CDKN2B	rs1333047	TT
CAP2	rs10807610	AA
MERTK	rs57116599	GG
CDH26	rs35384758	AA
CCT8	rs2832279	CC
EVI2A	rs2525570	GG
GAS2L1	rs174767	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Eat Fiber-Rich Foods	2	Flavonoids
3	Good Bowel Habits	4	Sitz Baths15 minutes
5	Bioflavonoids	6	Drink at Least 8 Glasses of Water a Day
7	Aloe Vera50 mg	8	Exercise At Least One Hour a Day1 hour
9	Topical Escherichia Coli	10	Aerobic Exercise (Cardio)1 hour
11	Practice Exercise Snacks1 minutesute	12	Pycnogenol100 mg
13	Butcher's Broom and Hesperidin	14	Psyllium5 g
15	Alpha-Lipoic Acid100 mg	16	Avoid Spicy Food
17	Topical Leek	18	Hesperidin500 mg
19	Butcher's Broom7 mg		

1



Eat Fiber-Rich Foods

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Low fiber intake is linked to hemorrhoids. However, one study did not find this connection [\[R, R, R\]](#).

Experts suggest increasing fiber intake as part of treatment for hemorrhoids. It may help improve symptoms like bleeding [\[R, R, R, R\]](#).

Fiber supplements, such as psyllium, may help improve hemorrhoids and reduce the need for surgery [\[R, R\]](#).

Fiber may help reduce straining by increasing stool frequency and softening the stool [\[R, R\]](#).

2



Flavonoids

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate flavonoid-rich foods into your diet daily, such as berries, apples, pears, onions, kale, and dark chocolate. Aim for at least 2-3 servings of these foods each day to maximize flavonoid intake.

Description

Flavonoids are a group of plant compounds that give color and flavor to fruits and vegetables. They are commonly taken as supplements for their antioxidant and anti-inflammatory effects

Flavonoids are a group of plant compounds that give color and flavor to fruits and vegetables. They are commonly taken as supplements for their antioxidant and anti-inflammatory effects [\[R\]](#).

Phlebotonics are products used for hemorrhoids and other vein problems. Most of them contain flavonoids. In certain countries, they are available as over-the-counter medications [\[R\]](#).

How it helps

Experts agree that phlebotonics may help with hemorrhoids. Most of these products contain the following flavonoids [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diosmin
- Hesperidin
- Rutosides

They may help reduce itching, bleeding, and pain from hemorrhoids. They may also stop them from coming back once they’re gone [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Flavonoids may help by supporting blood vessel health. They may also reduce inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Good Bowel Habits

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

To maintain good bowel habits, aim to have a bowel movement around the same time daily, especially after a meal to leverage the natural reflex. Avoid holding in bowel movements for too long and allow yourself enough time in the bathroom. Incorporate fiber-rich foods in your diet and stay hydrated to encourage regularity.

Description

Maintaining good bowel habits, such as regularity and hydration, is essential for digestive health and preventing issues like constipation. It supports optimal gastrointestinal function and overall comfort.

How it helps

Experts recommend maintaining good bowel habits to reduce the risk and symptoms of hemorrhoids, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Avoid restraining yourself from going to the bathroom
- Adopting a correct position during defecation
- Limiting toilet time to three minutes
- Avoiding distracting activities during toilet time (e.g., reading the newspaper, using the phone)
- Aiming for once-a-day bowel movements without holding your breath

One study also suggests that switching from a sitting to a squatting position may improve symptoms [\[R\]](#).

4



Sitz Baths

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Fill a bathtub or a sitz bath basin with warm water, enough to cover your hips and buttocks, and sit in it for 15 to 20 minutes. Do this 2-3 times a day, especially after bowel movements, to help relieve pain and discomfort from conditions such as hemorrhoids or anal fissures.

TYPICAL STARTING DOSE

15 minutes

Description

Sitz baths involve sitting in warm water to alleviate discomfort from conditions such as hemorrhoids or postpartum recovery. They can help reduce inflammation and promote healing of the affected area.

A sitz bath is a “sitting” bath in which your pelvic area is covered by warm water. It can be done in a regular bathtub or with the use of a special bowl that fits on a toilet [\[R\]](#).

Sitz baths may help ease pain in the pelvic area. For example, people may take a sitz bath to [\[R\]](#), [\[R\]](#):

- Help with hemorrhoids
- Clean and soothe the area after a procedure or childbirth
- Ease prostate pain

How it helps

Experts recommend sitz baths to help with hemorrhoids. They may reduce pain and promote healing. Soaking for 10-15 minutes, two or three times a day may be best [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Warm water applied during sitz baths may help by relaxing the muscle around the anus [\[R\]](#), [\[R\]](#).

Warm water sprays, such as an electronic bidet, may help in a similar manner [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Bioflavonoids

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take bioflavonoid supplements with water, typically once or twice daily or as directed by the product label or your healthcare provider. It is often recommended to consume these supplements with a meal to enhance absorption.

Description

Bioflavonoids are a group of plant compounds found in colorful fruits and vegetables. They are known for their antioxidant properties, which can help protect cells from oxidative damage and support overall health when included in a balanced diet.

How it helps

The following bioflavonoid supplements are traditionally used for the relief of hemorrhoid symptoms [\[R\]](#):

- Hidrosmin
- Diosmin
- Hesperidin
- Rutosides

Bioflavonoids may help decrease [\[R, R, R, R, R, R\]](#).

- Bleeding
- Pain
- Itchiness
- Recurrence

Flavonoids may help by [\[R, R, R\]](#):

- Reducing inflammation
- Improving vein function

Bigger and high-quality studies are needed to confirm these benefits [\[R, R\]](#).

6



Drink at Least 8 Glasses of Water a Day

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

People who drink less water may be more likely to have hemorrhoids [\[R\]](#), [\[R\]](#).

Experts advise drinking more water to help with hemorrhoids. Drinking at least 64 oz. (2 L) a day may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Soften the stool
- Reduce the risk of constipation

7



Aloe Vera

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).

How it helps

A meta-analysis involving 26 studies with 2,132 people that evaluated topical products to reduce pain after hemorrhoid surgery found that *Aloe vera* was the best pain reliever during defecation. However, more research is needed to confirm this benefit [\[R\]](#).

8



Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

A large study of 17,228 participants associated not walking regularly with an 11% higher risk of hemorrhoids [\[R\]](#).

Physical activity reduces constipation risk—thereby potentially lowering hemorrhoid risk [\[R\]](#), [\[R\]](#).

However, excessive or strenuous exercise is associated with a 173% increased hemorrhoid risk and surgery rates. This suggests that while moderate exercise can be beneficial for digestive health and preventing hemorrhoids, overexertion could contribute to their development [\[R\]](#), [\[R\]](#).

9

Topical Escherichia Coli

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Apply the Escherichia coli (E. coli) based cream or ointment to the affected area of the skin once or twice daily, depending on the specific product's instructions. Make sure the skin is clean and dry before application. Continue use as directed by a healthcare professional, typically until symptoms improve or as part of a prescribed treatment plan.

Description

Escherichia coli (E. coli) is a bacterium, not a topical application. It is typically associated with foodborne illnesses and gastrointestinal infections rather than topical use.

Escherichia coli (*E. coli*) are bacteria found in the intestines of many animals and humans. When they are in this environment, most strains are beneficial. However, consuming *E. coli* can lead to illness [\[R\]](#), [\[R\]](#).

Topical creams containing *E. coli* may help with hemorrhoids. These creams may be available as over-the-counter medications in some countries [\[R\]](#).

How it helps

Creams with *Escherichia coli* may improve itching and burning from hemorrhoids. They may help alone or when combined with topical medications [\[R\]](#).

Topical *E. coli* creams may help by [\[R\]](#), [\[R\]](#):

- Supporting the immune system
- Decreasing inflammation

10



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Research suggests that aerobic exercises like walking, swimming, and yoga (20-60 minutes, 3-5 days/week) may help manage and prevent hemorrhoids. Aerobic exercise may help by [\[R\]](#), [\[R\]](#):

- Promoting regular bowel movements
- Improving circulation
- Strengthening muscles around the pelvic area and lower back

However, cycling, rowing, or horseback riding may exert pressure on sensitive areas and should be avoided.

11



Practice Exercise Snacks

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Experts recommend staying active to help with hemorrhoids [\[R\]](#), [\[R\]](#).

Staying active may help by [\[R\]](#), [\[R\]](#):

- Preventing constipation
- Reducing pressure on the veins

Please note: *Be sure to not over-exert yourself if exercising and to avoid lifting heavy weights. These actions may contribute to hemorrhoids.*

12



Pycnogenol

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take 100 mg of pycnogenol supplement daily. This can be taken in a single dose or divided into two doses of 50 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

100 mg

Description

Pycnogenol (pine bark extract) is derived from the bark of the maritime pine (Pinus pinaster). It has been used in traditional n European folk medicine for centuries, and more recently as a supplement. The extract contains a group of bioactive compounds known as proanthocyanidins, which may be beneficial in supporting cardiovascular health, promoting skin health, and aiding in the management of various conditions related to inflammation and oxidative stress.

Pycnogenol comes from the bark of pine trees that grow in the Mediterranean [\[R, R\]](#).

It may improve [\[R, R, R, R, R, R\]](#):

- Athletic performance
- Seasonal allergies
- Cognitive function
- Joint health
- Varicose veins

How it helps

Oral pycnogenol (150-300 mg/day) may help reduce pain and bleeding in people with hemorrhoids. It may help even more when combined with **topical pycnogenol (0.5% cream)** [\[R, R\]](#).

Pycnogenol may help by [\[R, R\]](#):

- Supporting normal blood vessel function
- Reducing oxidative stress and inflammation

TABLE OF CONTENTS

PAGE 22 / 29

SKIP TO NEXT SECTION 

13



Butcher's Broom and Hesperidin

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Butcher's broom is an herbal remedy used in traditional medicine for its potential to support vascular health and improve circulation. It contains compounds that may help reduce the appearance of varicose veins and promote overall cardiovascular well-being.

Butcher's broom (*Ruscus aculeatus*) is a bushy shrub. Its root is used to promote blood vessel health and urination [\[R\]](#), [\[R\]](#).

Hesperidin is a natural compound found in citrus fruits. It may help reduce [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Inflammation
- Blood sugar
- Cholesterol

How it helps

Butcher's broom is traditionally used for hemorrhoids as it reduces inflammation and helps veins contract [\[R\]](#), [\[R\]](#).

In one study, taking a butcher's broom and hesperidin supplement (4-6 capsules/day, 150 mg/capsule of butcher's broom extract for 7 days) reduced pain and inflammation in 69% of participants [\[R\]](#).

14



Psyllium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

Description

Psyllium is a plant-based dietary fiber derived from the seeds of the *Plantago ovata* plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

[Psyllium husk](#) might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How it helps

Experts recommend over-the-counter fiber supplements, such as psyllium, which may improve overall symptoms and bleeding from hemorrhoids [\[R\]](#).

In a study of 102 people, supplementing with psyllium husk (5-6 teaspoonfuls/day with 600 mL of water) in combination with good bowel habits helped with hemorrhoids by [\[R\]](#):

- Improving prolapse in 56.5% of people
- Stopping hemorrhoid progress over time in 25.9%
- Decreasing bleeding episodes from 71.8% to 29.4%
- Preventing surgery in 87.1%

Please note: Be sure to drink at least eight glasses of water or other fluids each day if you use fiber supplements. Otherwise, the supplements may worsen constipation.

15



Alpha-Lipoic Acid

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mg

Description

[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

How it helps

In a study of 100 people with second and third-degree hemorrhoids, those taking alpha-lipoic acid (200 mg/day for 12 weeks) experienced reduced pain, discomfort, and bleeding compared to those who did not take it. Alpha lipoic acid may help by reducing inflammation [\[R\]](#).

16



Avoid Spicy Food

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

The effect of spicy foods on hemorrhoids may vary among individuals.

Some studies suggest up to a 5 times higher risk of hemorrhoids with the consumption of spicy foods [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, other studies show that spicy foods do not worsen hemorrhoid symptoms and even suggest no negative impact after hemorrhoid surgery [\[R\]](#), [\[R\]](#).

17



Topical Leek

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply the leek-based topical preparation to the affected area of the skin once or twice daily, depending on the severity of the condition. Use a thin layer and massage gently into the skin until fully absorbed. Continue this regimen for 2-4 weeks, observing for any signs of improvement or adverse reactions.

Description

Leek extract, derived from the vegetable leek, contains vitamins and antioxidants that can be used topically to nourish the skin and provide hydration. Its main compounds include vitamins A and C, and leeks are commonly cultivated for culinary and medicinal purposes.

How it helps

Topical leek, when applied to hemorrhoids, can provide relief due to its naturally occurring flavonoids, which have anti-inflammatory and antioxidant properties. Such properties may aid in reducing swelling and discomfort associated with hemorrhoids.

In a [pilot randomized and controlled clinical trial with 20 patients with symptomatic hemorrhoids](#) found that a topical herbal formulation with leek extract (for 3 weeks) **reduced bleeding severity and defecation discomfort** as much as a standard antihemorrhoid cream. None of the treatments changed the pain [\[R\]](#).

18



Hesperidin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg of hesperidin supplement daily with water, preferably with a meal for better absorption. This should be maintained for at least a few weeks to gauge effectiveness, and adjustments should be made based on personal tolerance and results.

TYPICAL STARTING DOSE

500 mg

Description

Hesperidin is a flavonoid, a type of plant compound that has antioxidant and anti-inflammatory properties. It is found in citrus fruits, such as oranges, grapefruits, lemons, and tangerines.

People take hesperidin to reduce [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Inflammation
- Blood sugar
- Cholesterol

How it helps

In one study, taking a butcher's broom and hesperidin supplement (4-6 capsules/day, 150 mg/capsule of butcher's broom extract for 7 days) reduced pain and inflammation in 69% of participants [\[R\]](#).

19



Butcher's Broom

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a supplement containing 7-11 mg of ruscogenin, the active compound in butcher's broom, daily. This dosage is typically found in 150-300 mg of butcher's broom extract, and you should take it for at least one month to evaluate its effectiveness for circulatory issues.

TYPICAL STARTING DOSE

7 mg

Description

Butcher's broom is an herbal remedy used in traditional medicine for its potential to support vascular health and improve circulation. It contains compounds that may help reduce the appearance of varicose veins and promote overall cardiovascular well-being.

Butcher’s broom (*Ruscus aculeatus*) is a bushy shrub. Its root is used to promote blood vessel health and urination [\[R\]](#), [\[R\]](#).

How it helps

Butcher's broom is traditionally used for hemorrhoids as it reduces inflammation and helps veins contract [\[R\]](#), [\[R\]](#).

In one study, taking a butcher's broom and hesperidin supplement (4-6 capsules/day, 150 mg/capsule of butcher's broom extract for 7 days) reduced pain and inflammation in 69% of participants [\[R\]](#).

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

