

best



'I couldn't sit down because of piles'



**says Orly
Abergel,**

*24, from
north London*

I started suffering from irritable bowel syndrome (IBS) about four years ago.

My tummy was very bloated and I was permanently constipated – I could only pass a motion about once a week.

To make matters worse, all the straining meant I ended up getting piles – lumps in and around my back passage. Going to the loo became incredibly painful and could make them bleed. I even took a special cushion into work as it was so painful to sit down. I tried taking laxatives, which eased them, but as soon as I stopped taking them it all started again.

The final straw was when I bumped into an old friend. My tummy was so swollen, she assumed I was pregnant. It was so humiliating that I went home and cried.

That was when I decided to try a new detox programme called RejuvaSlim. I followed a special organic diet and had lymphatic drainage three times a week for a month. I had pads put over my body with electrical currents that are supposed to break down the toxins.

Just one hour after the first session, I found I could go to the toilet. By the end of the month, my bloating had gone, I'd

lost half a stone and I was passing a motion twice a day.

Thankfully, the piles disappeared naturally as I got rid of the IBS. I'm now very regular and, because I'm not straining any more, I'm hoping that the piles won't come back.

■ For more information on RejuvaSlim, tel: 020-8662 0700 or visit www.rejuvasliminternational.com

MARINA WALLACE SAYS

IBS can give you either diarrhoea or constipation, or a mixture of the two. Patients who get constipated from their IBS tend to spend a long time on the toilet trying to open their bowels. The effect of gravity and straining can cause piles (haemorrhoids) to swell up and bleed, then eventually fall out and appear like a small bunch of grapes hanging out of your bottom.

Over-the-counter remedies for piles may help, but often they will settle down by themselves. It is important not to sit on the loo for longer than five minutes at a time, so don't sit there with a book!

Avoid becoming constipated by drinking plenty of water and eating lots of fruit and veg. If this doesn't work, treatment can be given in the outpatient department, such as injections or rubber bands, which cause them to shrivel up. The procedure is simple and usually pain-free. Piles can be operated on if they become a nuisance.