

Diverticulosis and Hernias

Diverticulosis is a type of hernia caused by years of chronic straining. The outer layer of the colon ruptures, allowing the inner lining (the "mucosa") to bulge out in pouches or sacs. It is similar to an inner tube that bulges out through weak spots in a worn-out tire.

Diverticulosis typically occurs in the sigmoid colon, in the lower left section of the abdomen. To quote from the website of the Medical College of Wisconsin:

About half of all Americans age 60 to 80, and almost everyone over age 80, have diverticulosis. When the pouches become infected or inflamed, the condition is called diverticulitis. This happens in 10 to 25% of people with diverticulosis...

... Diverticulitis can lead to complications such as infections, perforations or tears, blockages, or bleeding. These complications always require treatment [surgery] to prevent them from progressing and causing serious illness.¹

These statistics might seem to imply that diverticulosis is an inevitable part of growing old. Dr Berko Sikirov, the Israeli physician who conducted successful clinical research on the use of squatting to treat hemorrhoids, disagrees:

Colonic diverticulosis develops as a result of excessive straining at defecation due to habitual bowel emptying in a sitting posture, which is typical of Western man. The magnitude of straining during habitual bowel emptying in a sitting posture is at least three-fold more than in a squatting posture and upon urge. The latter...