

## **Hemorrhoids**

Surveys suggest that, in westernized countries, as much as half the population over 40 years of age may suffer from hemorrhoids.<sup>8</sup>

The common explanation for their absence in the developing world is "a high fiber diet." An Internet search on "incidence of hemorrhoids" turns up many instances of the following statement, carefully worded to suggest a causal connection: "Populations in which fiber intake is high have a very low incidence of hemorrhoids."

The medical establishment accepted the fiber theory without proof because they had no other explanation for the dramatically lower incidence of hemorrhoids in the developing world. They ignored the fact that these populations follow a wide variety of diets. The Masai cattle-herders of central Africa are almost exclusively carnivorous. The Hindus of India are vegetarian. Other groups subsist on fish, or even on insects.

Researchers have also been unaware of another, more relevant factor which would explain the data: the use of squat toilets. This factor has three advantages over the fiber theory:

1. It is consistent throughout the developing world.
2. It pertains directly to the anatomy of hemorrhoids.
3. It has been validated by published clinical research.