

Maintaining daily regularity, maximizing tissue support, and minimizing anal stretching are the optimal conditions for healing anal tissues. For these reasons, we recommend the following supplements:

Reacted Magnesium

This form of magnesium promotes [soft, type 4 stools](#), optimizes the functioning of the colon to end any irritation to the anus. **Start by taking 1 - 2 capsules per day and increase up to 8 per day as need to obtain soft stools, but not diarrhea.**

Super Salve

Super Salve nourishes and heals the tissues of the anus and works as an antioxidant. In addition, it is anti-bacterial, anti-fungal, and fights free radicals. **Use this salve multiple times per day on the anus (a dime-sized amount per use).**

MSM

MSM is a safe and naturally effective solution for inflammatory conditions and for healing tissues. Most people notice a distinct healing of their anus within a day or two of taking MSM orally. **Take 2 MSM, two times daily, with food.**

CLEANSING

Given that poor healing of anal fissures can be due to a stretching and irritation of the anus by the pressure and the contents of the stool, colon cleansing can be a tremendous healing modality. By clearing out the entire colon daily during the first days, weeks, and perhaps months, you will increase the speed of your healing and secure the tender anal area from tearing again.

Enemas

Enemas are easy to use. Enemas are safe. Enemas allow healing to the anal area. How often you take an enema will be determined by whether or not the anal area feels better after you take the enema. Many people healing from anal fissures take an enema every day in the beginning and as often as once a week as the healing of the anus continues. In order to learn more about enema therapy, please view our video [How to Take an Enema](#).

For optimal cleansing, we recommend the **enema series**: three different enemas, one right after the other. The first uses Optimal Health Network's made-for-enema [Frankincense and Myrrh Goat Milk Soap](#), the second uses [sea salt](#) and [OHN Colon Cleanse Essential Oil Blend](#), and the third is a coffee

enema. The [Deluxe Anal Fissure Kit](#) comes with all of these products as well as instructions on how to do the enema series. If you have purchased the [Basic Anal Fissure Kit](#) and wish to do the full enema series as part of your healing plan, we offer an [Enema Series Kit](#) with all the needed products.

SUPPOSITORY KIT

Includes suppository tray, coconut oil, and a special blend of healing oils: Roman Chamomile, Lavender, Myrrh, Geranium, Ylang Ylang, Frankincense, Cypress, and Tea Tree. This essential oil blend, used in a nightly suppository, is effective in regenerating the anal skin, restoring elasticity, preventing infection, reducing bleeding and inflammation, and eliminating the need for surgery. And, most importantly, fully healing the fissure! *Use 3-4 drops per suppository.*

Instructions on how to make suppositories are included in the suppository tray **OR** you can view the [video](#) on our website.

DIET

Kristina Amelong's [Ten Days to Optimal Health](#), a step-by-step guide to nutritional therapy and colon cleansing, will guide you through ten-day segments of dietary optimization and regular enemas.

Because unhealthy bacteria in the colon promote anal irritation, we also recommend taking a daily probiotic. We recommend [Ortho Molecular's Ortho Biotic](#).

The supplements and oils in this kit contain enough doses to follow this protocol for 45 days. At this point, most people see results, but many people need to continue the plan for 3-6 months. If you wish to continue after the first 45 days, you can purchase our [Anal Fissure Supplementary Refill Kit](#).

If you need more individualized support, consider a [Hair Tissue Mineral Analysis](#).

DISCLAIMER: When you purchase any product from Optimal Health Network we must presume that it is for personal use only and that you are using the equipment under the direct supervision of a medical doctor. We make no claim for cure or relief of any symptom or medical condition when using any of these products.

[OPTIMAL HEALTH NETWORK](#)

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