

## **Appendicitis**

### **Definition**

Appendicitis is inflammation of the appendix, sometimes resulting in rupture.

### **Symptoms**

The symptoms of appendicitis are an inflamed, painful condition of the appendix and the surrounding portion of the bowels. Other symptoms are nausea, pain and distress around the navel, constipation, quick pulse, and perhaps a rise in temperature to 100° or 102° F. There may be tenderness to the right of the navel and below, which is increased by pressure or movement.

The patient frequently flexes the right knee to ease the pain.

### **Cause**

It may be caused by a faulty digestion, intestinal catarrh, fecal concretions and, in comparatively rare cases, by foreign particles being lodged in the appendix. This is the explanation given by Otto Mausert, N.D., Herbs.

Dr. Kloss states:

Constipation is one of the causes of appendicitis to an extent, and of course, wrong diet, which diet would include the use of devitamized foods such as white flour products, cane sugar, and cane sugar products (all refined sugars), greasy and fried foods, tea, coffee, chocolate, and wrong combinations of foods. These must be strictly avoided in appendicitis, as must alcoholic drinks, tobacco, and all stimulating food and drink.

### **Herbal Aids**

**Cleansing the Colon:** Dr. Kloss recommends: "Cleanse the colon thoroughly with an enema, preferably herb, take as much water as possible, as hot as possible. The treatment is of great value and will often relieve the pain immediately. If using an herb enema, use either spearmint, catnip, white oak bark, bayberry or wild alum root. When herbs are not available, use plain water.

If the pain continues after the colon has been cleansed, then use a very warm enema of catnip alone.

Then apply hot and cold fomentations to the region of the appendix and the full length of the spine. This will aid in the cleaning process and relieve pain. At night prepare a poultice as follows: Combine a tablespoon of granulated or powdered lobelia with a large handful of granulated or crushed mullein leaves, and sprinkle with ginger. Mix the herbs into a paste by adding powdered slippery elm or corn meal. Apply the poultice as warm as the patient can stand, leave on cool, then repeat.

When suffering an attack of appendicitis, go on a liquid diet, drinking alkaline broths, fruit juices, and drink several glasses of slippery elm (or comfrey) every day. Traditional Chinese medicine advocates Chinese Rhubarb (a mild laxative) and lightly stroking the painful area. Alternating hot and cold castor oil fomentations helps bring tremendous relief."

After an individual is over an attack (which is the effect), go immediately onto the mucusless diet.

**Constipation:** This condition generally could not happen if we were not constipated. Mucus forming foods can also bring it on.

Take a hot herb enema of spearmint, catnip, white oak bark, bayberry bark, or wild alum root. Plain water may also be used if necessary. Catnip enemas will relieve the pain.

Apply hot and cold fomentations to the appendix area and the full length of the spine. At night, apply a poultice of mullein and lobelia, sprinkling with ginger or cayenne.

Mix the dried and ground herbs with boiling water to make a paste, thickening with slippery elm or cornmeal. Apply as warm as the patient can stand, leave until cool, then repeat.

Go on a liquid diet, using fruit juices, potassium broth, and slippery elm gruel. Watch the symptoms closely. This approach should relieve them, but if not, be sure to see a physician.

**Appendectomy:** From question and answers in Dr. Christopher's Newsletter. Can appendicitis be aided without an operation? Is there any relief and aid for appendicitis? Answer: Yes, there is. This is an important organ, even though many claim it is a useless leftover. For years doctors have considered the appendix to be a vestigial organ, that is, one used by man in some earlier stage of his history, but no longer of any apparent physiological use. The growing case against unnecessary surgery, particularly the offhand removal of parts of the body thought to be vestigial, was strengthened by a report from the Medical College of Ohio at Toledo.

A study involving the case histories of 1,165 patients revealed that almost 67 percent of patients who had developed cancer of the bowel before they reached fifty years of age had their appendices removed. We have taught for many years another valuable aid, and that is that the appendix exudes a small amount of oil, in its healthy operating state, that aids in lubricating the cecum and the ascending colon.

This is the only section, the ascending colon, of the large bowel where the food particles must go uphill, and the small amount of lubrication is definitely an advantage when the fecal matter is heavy and lacking adequate moisture to move easily with peristaltic action. According to E. H. Ruddock, M.D., Vitalogy, copyright 1931, published by Vitalogy Association,

"Appendicitis is a disease of the vermiform appendix commencing as a catarrhal inflammation of the mucous lining. "Causes-This is usually associated with a condition of chronic inflammation of the intestines caused by improper diet. Nearly one half of the cases occur between twenty and thirty years of age.

"Symptoms-Pain, sometimes acute in character, directly over the abdominal wall; rigidity of the abdominal wall; tenderness, midway between the naval and spine; the tenderness becomes generalized if the appendix is infected; chill, vomiting, constipation, rise of temperature and increase in pulse rate.

"Treatment-Absolute fast with the exception of water. One glass of distilled warm water every hour. Three high enemas per day. Cold water towel applications over the entire abdomen, changed every ten minutes.

A glass of flaxseed tea strained and flavored with a little lemon juice to be given occasionally. Absolutely no exercise, emotional strain, worry, or other disturbing influence. Turn the patient to more comfortable side. Knead the muscles of the small of the back. "After a fast of a few days give a diet of soup made from non-starchy vegetables. Strained.

"Wild yam is the most valuable remedy for this disease. The sharp pain in the lower right side of the abdomen caused by the inflammation and swelling of the vermiform appendix, is speedily relieved by the extract of wild yam. Pour a teaspoon of the extract into a tumbler two-thirds full of water, and take a teaspoonful of the mixture every half hour until relieved, then diminish the dose to one every hour or two until cured.

Dr. Hale, of Chicago, says: This is the best remedy that we have for this disease. (The bowels should be kept open with magnesia.) The writer recommends prune juice and/or Dr. Christopher lower bowel formula [Fen LB].)" Says L. A. Merriam, M.D.:

"The fad for operation for what they call appendicitis exists especially in the minds of the profession, but real appendicitis exists not often in the abdomen of the patient. The operation itself is not the harmless procedure it is reported to be. "Operations lessen the patient's vitality, and often pave the way for more operations, sickness and suffering; while more than 95% of cases so diagnosed can be better handled without using the knife. "In most cases so diagnosed, the trouble is not in the appendix, but in the colon or large bowel, and needs no operation with the knife. The pathologic prominence given to the appendix is not in harmony with the facts.

"Removal of a healthy appendix (every day so common) does not cure a constipation or catarrhal condition of the colon, any more than the removal of a corn on the toe cures a toothache caused by ulceration."

"Don't let your appendix go if you can help it--it's an active little oil can, a lubricator for the Appendicitis intestinal canal, and you'd be badly off indeed without it." So says Dr. Arthur Bullard. He declares that the appendix is neither a "chance" nor a "left over" organ, and that inflammation of it can and should be cured in "more than ninety percent" of cases, without recourse to the knife.

**Juices:** For chronic appendicitis are celery, carrot, carrot & cucumber.

**Echinacea:** It has been used in inflammation of the intestinal tract, especially satisfactory in the case of appendicitis, as it quickly overcomes local blood stasis, prevents or cures ulceration and retards pus formation.

*Adapted from Dr. Christopher files*