Rectal fissures are tears or cracks in the tissue of the anus or rectal canal. Fissures are usually caused by constipation or some sort of a trauma, such as straining to pass too large or hard a stool, childbirth, or chronic diarrhea - all of which stretch, tear or irritate the mucosal tissue in the rectum or anus. A fissure tear can be minor and shallow, or go right down to the sphincter muscle.

Fissures occur in people of all ages, from infants to seniors. The first signs of a rectal or anal fissure may be pain during and after a bowel movement, and/or bright red blood on the toilet paper or in the toilet. Fissures may itch, and some have a bad-smelling discharge. The inflammatory bowel condition Crohn's disease is a common cause of fissures. Hemorrhoids (also called piles) are also often associated with fissures.

A mild anal fissure will usually heal on its own with no additional help, but deeper tears can become chronic unless you assist the damaged tissue to restore itself. All-natural herbal FissureHeal suppositories work very well to heal both minor and severe anal fissures. Formulated by natural healing expert Jini Patel Thompson, FissureHeal contains four of the most effective herbal mucosal healing agents known to heal the lining of the small and large intestine: slippery elm, marshmallow root, comfrey root and cocoa butter.

FissureHeal suppositories are also an effective treatment for hemorrhoids or a sore, inflamed and/or itchy anus or rectum, and will also help soothe and heal rectal fistulas (tears that penetrate right through the rectal canal) when used long-term and combined with an elemental liquid diet. The suppositories are very thin – as thin as a regular-sized drinking straw - so no matter how sore your anus and/or rectum are, they will insert easily. They're also extra long (2 inches) so they can reach a rectal fissure high up in your rectal canal – or break them off at the length you need.

Alternatively, you may want to use an aloe vera plant for rectal suppositories. Cut off a piece of the leaf, then cut away the green leaf and bitter inside yellowish layer, leaving just the clear inside part of the plant. Insert this fresh aloe vera (cut to the desired length and width) into your rectum and leave it there to come out naturally with your next bowel movement.

You can wrap the cut aloe vera in cellophane and freeze it to make it easier to insert. If you insert this suppository before bed, then the aloe vera has all night to work its healing action. If using the fresh plant doesn't appeal to you, you can always use a pure aloe vera gel or salve - coat your finger with it and insert it into your rectum.

Comfrey salve is another good healing salve for an anal and/or rectal fissure. Other good ingredients to look for include plantain, aloe vera and vitamin E. Most comfrey salves will contain some or all of these other ingredients as well. Re-apply aloe vera or comfrey salve after every bowel movement, or as often as you can. Make sure you've washed your hands with soap and water before application, and never stick the same finger back into the salve.

For full details and instructions, including dosages, please see our website: www.ListenToYourGut.com