

Anal Fistulas and Perianal Abscess Summary

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Fistulas are abnormal tunnels between two body cavities, or between a body cavity and the skin. An **anal fistula** is an ulcer that tunnels through the anal canal to create a passage between the anal canal and the skin. An ano-vaginal fistula is an abnormal passage between the anus and the vagina. Fistula symptoms include pain, tenderness, itching, redness, fever and a bloody and sometimes foul-smelling discharge where the fistula opens to the skin. An anal fistula is usually caused by an anal abscess.

An **anal abscess** is a pus-filled cavity near the anus or rectum. Anal abscesses are generally caused by plugged small glands just inside the anus, or sometimes from fissures that seal over or become infected. A perianal abscess can also result from a skin infection in the anal area. Symptoms include pain, a boil-like swelling, redness, irritation, fever, constipation, and fatigue. People with inflammatory bowel disease (Crohn's disease and colitis), diabetes and anal fissures are prone to anal abscesses.

How to Treat Fistulas and Anal Abscess

If you have a perianal abscess that is still enclosed, then apply a 7:1 dilution of wild oregano oil and olive oil (7 drops organic olive oil to 1 drop oregano oil) five times per day to the skin over the infected area. Gradually add more oregano oil to increase the strength to as strong as you can tolerate. Adding an infrared laser may cause the wild oregano oil to penetrate more deeply and speed healing.

If this doesn't reduce your infection sufficiently after two weeks, then you may want to have your gastroenterologist drain the abscess. Ask your gastroenterologist to syringe the abscess with full strength wild oregano oil during the procedure (if possible). Also ask him or her to leave the drainage tube in place, so that you can syringe wild oregano oil directly into your abscess through the drainage tube later (using Jini's Wild Oregano Syringing Protocol).

After you have it drained, syringe your abscess or fistula hole every 2 hours for the first 24 hours (let it go 4 hours when you're asleep). Then syringe every 4 hours for the next 24 hours, then 4 times per day until the infection is completely gone. Elevate your fistula or anal abscess opening so that the oregano oil stays in the cavity and doesn't immediately drain back out. After the infection has cleared, continue to syringe twice a day for 10 days. Then remove the drainage tube (if your GI left it in) to allow the fistula hole to heal and close, if it hasn't already. Continue applying wild oregano oil topically 3 times a day for the next month.

Any time you take a prescription antibiotic or a powerful natural antibiotic like wild oregano oil, you need to accompany it with high dose probiotics ("good bacteria") to rebalance your intestinal flora and combat "bad bacteria", yeast (candida), fungus, and parasites. Refer to Jini's Wild Oregano Protocol or her books *Listen to Your Gut* or *Listen To Your IBS* for in-depth information on probiotic supplementation.

For full details and instructions, including dosages, please see our website:

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