

# Epistaxis or Nosebleeds – What and How to Control It

**What causes epistaxis?** Nosebleeds are usually caused by excessive dryness which causes the nasal tissue to dry out and that can lead to bleeding. Some Other causes are weak nasal vessels, excessive blowing of the nose to clear it, and “nose picking”.

When there are repeated bleeding incidents, doctors often recommend cauterization. This is usually done in one of two ways, either using a chemical or using an electrical pulse. Chemicals are very superficial and the scab that forms as a result will usually fall out quite soon after treatment. To help prevent that from happening, it is important to use care when blowing the nose to be very gentle and definitely STOP PICKING it. Electrocauterization must be done using anesthesia and may last somewhat longer and be more effective.

**Why am I against cauterization?** Most of the time **cauterization** fails and must be repeated. Also, cauterization kills the vessel which means the flow of blood is stopped to that area of the nose and the tissue normally supplied by that vessel with blood will dry up and die (not a good thing). This can lead to many complications.

What is of value is keeping the nose well hydrated with nasal gels or saline solutions cause a rebound effect and the congestions get progressively worse. Never use products with steroids or decongestants. Decongestants can also raise blood pressure which may not return to normal without medication (again, not a good thing.) Applying liquid vitamin E with a Q-Tip and coating the inside of the nostril can be a great way to control bleeding.

Use natural products such as bioflavanoids found in citrus fruit skins (So eat the white peel inside that juicy orange). You can also purchase flavanoids with or separately from vitamin C. A specific form of flavanoids that is excellent for strengthening vessel health in the body (which can **prevent** a heart attack or stroke) is Quercetin. Which ever form is taken, the dosage should be between 1-3000 mg per day in divided doses.

**The following is from the emedicine website.**

**“Epistaxis, treatment of:** To stop epistaxis (a nosebleed), you should:

1. Pinch all the soft parts of the nose together between your thumb and index finger.
2. Press firmly toward the face - compressing the pinched parts of the nose against the bones of the face.
3. Hold the nose for at least 5 minutes (timed by the clock). Repeat as necessary until the nose has stopped bleeding.
4. Sit quietly, keeping the head higher than the level of the heart; that is, sit up or lie with the head elevated. Do not lay flat or put your head between your legs.
5. Apply ice (crushed in a plastic bag or washcloth) to nose and cheeks.”

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There can be many other issues related to epistaxis which should be ruled out by a competent physician. These include; Deviated septum, infections, sinusitis and rarely certain diseases in the liver or a tumor. Alcoholism can also be a factor. Medications such as warfarin or heparin can also cause Epistaxis. Anyone using any blood thinner type of medication including aspirin must seek urgent medical care immediately should any bleeding occur as a stroke (CVA) may be imminent.

Also, blood pressure should be taken and checked as in certain cases high blood pressure can cause bleeding. Other possible causes include fracture (nasal or skull), leukemia, hemophilia, low vitamin K and menopause.

Someone, whom I know well, related the following story:

“One day I was sitting together with a world famous Godol Hatorah listening attentively to the words or wisdom. Suddenly, to my great embarrassment, my nose suddenly began bleeding and blood was gushing all over me. One of the other people there helped me get to a sink and splashed cold water on the back of my neck and then on my face. The sudden application of cold water stopped the bleeding. When I returned, the Rebbe said to me, “Take some a stalk of haddas (myrtle leaves), burn it and smell the smoke and it will stop”. So right after Succos I applied this approach. The smoke is quite acrid but it helped. I went from nosebleeds as often as once or twice a day to no bleeding at all. It been probably more than 40 years since and no bleeding!”

I have since repeated these words of wisdom to others, all with the same results. So this is truly a safe, effective way to permanently curing epistaxis due to weakened vessels in the nose.

This article was written by Bernard Rabinowicz, a naturopathic doctor trained in medicine (pathology, pharmacology, cardiology, rheumatology, immunology, gastroenterology, neurology, psychiatry, surgery, etc) as well as certified in non-conventional healing methods (herbal, homeopathic, **hypnosis**, reflexology, color puncture, biofeedback and bio-therapeutics).

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