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Hemorrhoids – Five Simple Home Remedies

By Easytopic.com

In order to understand why these simple home remedies can help, we need to look first at the possible causes of the hemorrhoids.

Some of the known contributing factors are pregnancy, straining when emptying the bowels, obesity, chronic constipation. Ironically, frequent diarrhea is also known to contribute.

Hemorrhoids can be either internal or external and are most common in people over 40 as well as pregnant women. It's said that over half of the population over the age of fifty has them.

With that introduction, let's now look at the simple home remedies. While they are not a substitute for a proper medical advice, they are based in common sense and are more than likely to bring relief.

1. Get more fiber in your diet.

This can be accomplished by eating more fresh fruit, rolled oats, oat bran, whole grains and other foods high in fiber.

2. Get regular.

Avoiding constipation by regular visits to the toilet is usually a big help. Not only will it help relieve the discomfort associated with hemorrhoids, but it will also put less strain on the affected areas, allowing the body to repair some of the damage.

One way to train your body to empty the bowels regularly is to sit on the toilet seat around the same time each day. Make a habit of it and your body will follow.

Keeping your stools loose and avoiding constipation will go a long way towards a long term relief from hemorrhoids. It will also be healthier for you for other reasons, beyond the hemorrhoidal discomfort.

3. Lose weight.

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Obesity is said to be a contributing factor, and it's not just because of weight. Obese people tend to be more constipated as well. Anyhow, losing weight will have many other benefits for your health.

4. Drink plenty of plain water.

Water has many benefits. Amongst other things it will help to clean the toxins out of your body as well as it may help to empty the bowels regularly.

Drink plenty of plain, clean water. Also, try to get into a habit of drinking at least one glass of water on empty stomach.

5. Go for regular walks.

This will not only help you lose weight in the long run, but will also help you become more regular in the toilet.

If you follow these five common-sense tips, you should experience at least some relief. And it will also be beneficial for your general health.

This article on home remedies for hemorrhoids

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Hemorrhoids – What Do I Need To Do?

By Rudy Silva

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There are many unpleasant symptoms and diseases associated with constipation. Hemorrhoids is one such symptom and many doctor or practitioners say, "it's not a serious condition." As a natural nutritional consultant, I say, "Hemorrhoids is a condition you need to treat or better yet eliminate."

You need to listen to all symptoms you have to decide if you need to take some action to correct the cause. Some times just acknowledging a simple symptom is enough for symptom and the cause to disappear. Hemorrhoids, whether simple or severe, are telling you there is something wrong somewhere and "I hope you take care of it before it get worse."

Taking care of hemorrhoids or the hemorrhoid symptoms is the first thing you should take care of.

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Then, you want to concentrate your effort on the cause of these hemorrhoids. In this way you can help to eliminate your hemorrhoids and prevent them from coming back.

The first signs of hemorrhoids are when you need to take action. Don't wait until your hemorrhoids get large, give you pain, start bleeding, or protrude.

The first question you should ask about hemorrhoids is what caused them.

What causes hemorrhoids?

It is always the cause of an illness that you try to eliminate. Doctors don't always have the time to determine what the cause is so they will treat the symptom to get rid of it. The result is that your illness will come back or the symptom will come back or appear as a different symptom.

Hemorrhoids are caused by excess pressure in the rectal veins and the veins in the surrounding area.

There are many causes of hemorrhoids of which constipation is a major cause. By first using some natural hemorrhoid remedies that I will discuss in future articles, you can eliminate or diminish your hemorrhoids. Then by using some natural remedies for constipation, you can prevent hemorrhoids from coming back.

Using natural remedies for treating your hemorrhoids is the best way to deal with this condition. In their book, *Natural Prescriptions*, 1994, Robert M. Giller, M.D. and Kathy Matthews, gives you their opinion of drugstore medications:

"If you are suffering from hemorrhoids right now, you want immediate relief. What about all those over-the-counter remedies? Just last year the FDA clamped down on the manufacturers of these products, and some of them are being removed from the market because they've never been proven to be effective. Other must limit their claims. Those that claim to shrink tissues must carry a warning because people with diabetes or heart disease, for example, shouldn't use them. In the final analysis, while you may get some temporary relief from these products, you could do as well by applying zinc oxide, petroleum jelly, or witch hazel, which are just as effective and far cheaper."

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Rudy Silva has a Physics degree from the University of San Jose California and is a Natural Nutritionist. He writes a newsletter called "Natural-Remedies-ThatWork.com" and he has written an ebook called "How to Relieve Your Constipation with 77 Natural Remedies." You can get more information on this ebook and more hemorrhoid remedies at this site:

<http://www.hemorrhoid-remedies.for--you.info>



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