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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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. 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 cause 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>

Hemorrhoid Facts And Treatments

By Mark Freeman

In the medical world a hemorrhoid is described as an enlarged or swollen vein. Hemorrhoids are somewhat similar to varicose veins that develop in the legs, except that hemorrhoids are veins located in the anus. These veins cushion and protect the anal canal. Pain and problems occur when these veins are stretched and tear under pressure.

Hemorrhoids are a very common medical problem seen in both men and women, usually over the age of 30, with most suffering from hemorrhoids between the ages of 45 and 65 years old. It is estimated that more than a half million people seek treatment for symptomatic hemorrhoids each year in the United States. Of this half million hemorrhoid suffers, 10 to 20 percent will need surgical treatment.

Most medical professionals blame the formation of hemorrhoids on prolonged sitting on the toilet and chronic straining due to constipation. Hemorrhoids are also very common during pregnancy, due to the strain from carrying the excess weight of the baby.

You may suffer from internal or external hemorrhoids. Generally internal hemorrhoids, which are located higher up in the anus are not painful, but you will notice bleeding. Hemorrhoids will bleed bright red blood due to their abundance of arterial blood, which is different from the dark blood in your venous

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system. At times a hemorrhoid will protrude from the anal canal. Usually these hemorrhoids, which are called prolapsed, can be gently pushed back inside. If not, a consultation with a specialist is necessary.

External hemorrhoids are those that are itchy and painful and really uncomfortable. If you experience external hemorrhoids you will see bright red blood on the toilet paper, or in the toilet bowl after a bowel movement.

There are ways to relieve the discomfort of hemorrhoids. A sitz bath can help to relieve the discomfort of hemorrhoids. It is suggested that you sit in a tub of warm water for fifteen minutes several times a day. When you wipe, instead of toilet paper use pads soaked with witch hazel. You can buy these pads at any drug store. Application of any of the numerous over-the-counter hemorrhoid preparations will help to relieve the discomfort and itching.

Prolonged periods of either standing, or sitting can aggravate hemorrhoids. Straining when you have a bowel movement is one of the chief causes of them, and will definitely make them worse and much more painful. Don't do it. The cause of constipation may be not enough fiber in your diet. Take a fiber supplement.

Any rectal bleeding of any kind should be checked by your physician.

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