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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!

Preventing Hemorrhoids

By Juan José

Any type of strain put on the anus or anal area may cause hemorrhoids. Tiny veins surrounding the rectum become inflamed and a hemorrhoid is born. By reducing the strain put on the anus, we can reduce the possibility of getting hemorrhoids. There are a few basic things that you can do to alter your lifestyle slightly in order to reduce the risk of developing painful hemorrhoids.

Change your diet to include foods that are high in fiber. Fibrous foods create normal stools that are able pass from the body easily. Passing stool easily creates less strain on the anal muscles and therefore reduces the risk of hemorrhoids.

Some foods that are high in fiber include: grains, foods high in bran, fruits and vegetables.

Processed foods may be convenient but they also cause the stool to harden due to their lack of fiber. These foods will increase your risk of hemorrhoids so they should be avoided.

If you feel that increasing the amount of fiber in your diet is difficult by just changing your diet, there are fiber products available over the counter at your local pharmacy that will soften stool. These products usually come in powder or pill form. If you are unsure which type would be best for you, contact your physician or pharmacist for medical advice.

In addition to adding fiber rich foods to your diet, you should also increase your water intake. The rule of thumb is to drink 8-8oz. Glasses of water per day. Water will loosen your stools again causing less strain on the anal muscles and decreasing your risk of painful hemorrhoids. Change your toilet habits. Do not wait until you feel like you really have to go. Putting off going to the bathroom will give your stool time to harden while waiting in your intestines to be expelled. Hard stool causes increased pushing which in turn causes undo stress to the anus which increases your risk of developing hemorrhoids.

The bathroom may be the only alone time that you can get. However, reading or staying on the toilet for longer periods then needed to take care of business can lead to the development of hemorrhoids.

Preventing Hemorrhoids

Cleanliness is next to Godliness. The French invented the bidet for a reason.

A clean anal area decreases the chances of developing hemorrhoids. Although cleaning with toilet paper alone is fine, there are now flushable wipes on the market that will guarantee a clean anus. They are safe to flush and safe to use in your most sensitive areas.

Exercise is just good for you in general. It seems that everything can be prevented by adding a little exercise to our lives.

It is just common sense that if we are not exercising or leading an active lifestyle, then we are sitting or leading a sedentary lifestyle. Long periods of sitting cause strain to the anus. As we know by now strain put on the anal muscles is what causes hemorrhoids to develop.

A rule of thumb to follow is that you should stand and walk around for at least 5 minutes every hour.

Why that isn't even real sweat causing exercise. That's a simple trip to the kitchen for a glass of water!

In addition to not sitting for long periods of time, exercising regularly increases blood flow through the veins. Increased blood flow through the veins will reduce pressure on the veins surrounding the anus and therefore reduce constipation.

The latest work of Juan José can be found at:

<http://www.hemorrhoidsx.info/>

Hemorrhoids – What Do I Need To Do?

By Rudy Silva

Hemorrhoids – What Do I Need To Do? by Rudy Silva

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.

Preventing Hemorrhoids

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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