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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!

Three Steps to Get Rid of Hemorrhoids

By Rudy Silva

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Constipation, Hemorrhoids or Piles, and inactivity go hand in hand. If you have been constipated for quite a while, chances are you have hemorrhoids. If you are inactive because you just like sitting around or are confined to a bed or chair, then you will have constipation and hemorrhoids.

So if you want to get rid of hemorrhoids, you need to take 3 steps. These three steps can be done at the same time, especially if you have hemorrhoids that are itchy, painful, and are in need of attention.

First you need to do something about your hemorrhoids. There are many different natural remedies for reducing, relieving, and eliminating hemorrhoids. Since everyone is different in his or her chemical make-up and nutritional requirements, one remedy will not work for everyone.

Each of you has to find out what remedy works best for you. Use the remedy that feels right for you, the remedy where you have the ingredients, or that one based on the severity of your hemorrhoids.

Here's one remedy you can try – Collinsonia Root Powder Collinsonia is a vegetable, known as "Stone Root" because of its hardness. It comes in powder and liquid. Stone Root is found in Canada and in Florida. It has been found quite helpful in aiding hemorrhoids.

Linda Clark in her book called, Linda Clark's Handbook of natural remedies for common ailments, 1976, says this about collinsonia root. "I have heard people rave enthusiastically about the results of this remedy, which works quickly." Its benefits come from,

- Supporting blood vessel contractions and flow
- Reducing irritation and inflammation of veins
- Providing a tonic effect on weakened veins, capillaries, and tissue
- Improving digestion

Three Steps to Get Rid of Hemorrhoids

– Helping to keep mucus membranes healthy

Secondly, you need to do something about becoming regular and to eliminate mild or chronic constipation. To start with, do these simple changes in your diet.

– Eat fruits as a snack between meals — oranges, apples, bananas, prunes, grapefruits, mangos, watermelon, grapes, cherries.

– Stop eating bread, flour products, milk, sodas; back off on eating a lot of protein.

– Eat a few servings of vegetables during the day — green lettuce, celery, carrots, and so on

– Drink at least 2–3 glasses of water every day or drink more water than you normally do.

The third thing you need to do is add some exercise to your daily routine. It can be any thing as long it is something you like and you do it regularly — walking, swimming, or rebounding. Don't over exercise; all you need is 10 – 20 minutes per day.

There you have it, the three step to getting rid of hemorrhoids — a hemorrhoid natural remedy, a slight change in your diet, and 10 minutes of daily exercise that you like.

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About Rudy: 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

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

Hemorrhoids – What Do I Need To Do?

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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."

Three Steps to Get Rid of Hemorrhoids

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 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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