

# Hemorrhoids Can Be Horrible, Use This advice To Sooth The Pain!

**S**quat, dont sit during a **bowel** movement to prevent **hemorrhoids**. In countries where people squat instead of using a sitting bathroom within a bowel movement, hemorrhoids tend to be very rare. Purchase a foot stool in order to keep your feet elevated, or try to squat along with your feet on the seat to prevent hemorrhoids.



## Use Moist Towelettes Instead of Regular Toilet Paper

Some toilet paper manufacturers can be tough and dry, which can increase itching and pain. By using a moist towelette, you can provide relief to the painful area. Stay away from paper towel in your rectal area, since they are usually tough and not intended for sensitive skin.

## You Suffer from Hemorrhoids, It is Really Important to Follow a High-Fiber Diet

Eating a lot of fruits can help to soften your stools. Some of the best fruits for this are watermelon, grapes, and papaya. Also, eat lots of vegetables that are high in fiber, such as cabbage and okra.

## Vitamin B is a Great Remedy You can Use to Help Treat Your Hemorrhoids

Unlike other vitamins which you would take orally, you should apply vitamin b (crushed power or liquid) straight to the infected location in your anus. This could help you to significantly reduce the size of the hemorrhoids.

- Consume foods high in vitamin A to avoid and help **heal hemorrhoids**.
- A vitamin mends as well as protects mucous membranes and helps to repair body tissues.
- Orange vegetables such as yams and carrots are very high in vitamin a.
- If you do not like to eat vegetables, try a carrot juice or vitamin supplements.

## Use Witch Hazel for You Affected Area, If You are Dealing With Hemorrhoids

It is one of the best things you can use for it! Witch hazel is a wonderful astringent that will lessen the redness and help your hemorrhoids to be able to heal correctly. Apply a thin layer of witch hazel on the skin to improve your physical state.

- Conclusion, you do not have much time to spare because you are in great pain and need to get rid of your hemorrhoids quickly.
- This article should have provided everything that you need in order to make good decisions on how to treat yourself and be pain free.



“ **Pasquale Saunders**

*Pasquale is a content marketing professional at 20lux.com, a website about alternative health issues. Last year, Pasquale worked as a consultant for a well-known high tech company. When he's not writing articles, Pasquale enjoys drawing and rock climbing.*

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