

## How You can get Rid of Hemorrhoids

Constipation is generally the cause of **hemorrhoids**. If you have infrequently **bowel** movements or have to strain to have all of them, then this sets up the conditions to create **hemorrhoids**. When you strain to have a bowel movement, you cause blood to be able to congest in the rectum. This bloodstream congestion brings about an increase in pressure in the abdomen and rectum veins as well as over time these veins balloon out there, turning into hemorrhoids. Pressure in the abdomen inhibits the return of blood from the anus.



### There are Many Changes that You Have to Make to Eliminate Constipation

The first, the one most people think about, is to increase dietary fiber. But if you do this kind of, it is best to determine what fiber to use and how much to eat. And, you have to make some changes in your diet, if you are eating mostly processed foods. The other cause of hemorrhoids is actually feelings or anxiety. When it comes to illness or body imbalances, they usually have some emotional component to it. Therefore it is always best to make changes in diet as well as to see what emotional concerns are related to your hemorrhoids.

### There are, of Course, Other Causes of Hemorrhoids

Any activity that puts excess pressure on the abdomen and rectum veins can cause hemorrhoids. If you are pregnant, or if you sneeze or cough frequently, exercise too much, lift weights, or stand or sit too long, these conditions can lead to hemorrhoids. If you couple these conditions along with a poor diet, then you increase the probability of hemorrhoids. Look at these kinds of various activities you do and make adjustments to their frequency.

- Do not mistake itching for hemorrhoids.
- Itching can be a sign of allergies, yeast infection, parasites, or the use of coarse toilet paper.
- Hemorrhoids usually are distinguished by bleeding, inflammation, swelling, pain, or discomfort.
- The first step in dealing with your hemorrhoids is to stop straining to have a bowel movement.
- You can do this by increasing your fiber intake.
- It is always best to use natural fiber.
- When you used un-natural fiber, which is found in drugstore laxatives, you can become addicted to these.
- Use cereal in the morning that has wheat bran or oat bran.
- You can add wheat germ to get more fiber as well as to get the B-vitamin.

### Next, You Need to Eat More Fruits and Vegetables

Eat the fruit as snacks before lunch, supper or perhaps after dinner. Take no less than 3 fruit a day and more if you can. Also eat vegetable with lunch and dinner. Raw vegetables are best and if you cook them, cook them lightly. Cooking vegetables diminishes the value of their fiber.



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### Look At Your Stools

Short ones or hard ones show the lack of fiber. If they sink quickly to be able to the bottom of toilet water, they lack fiber. Your stools ought to be one long piece and brown. They should be soft but should stay together in the water and float.

### Eat a Variety of Natural Fiber that Comes from Grains, Fruits and Vegetables

Back off on processed foods since they will lack fiber and nutrition. Fiber will help you release stools easily from your colon and this helps to reduce the pressure in your rectum veins when you have a bowel movement. Now you are on way to getting rid of hemorrhoids. For complete information on how to get rid of and stop hemorrhoids go to: [Get Rid Of Hemorrhoids](#).

Rudy Silva, Normal Nutritionist, has written a special e-book that gives you a complete review of how you can get rid of hemorrhoids. Special natural remedies are given to that you can use to reduce inflammation and pain. To get the information you need about how in order to get rid of hemorrhoids, go to: <http://www.hemorrhoid-remedies.for--you.info/>



#### “ Pasquale Saunders

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