

# Remedy for Hemorrhoids: Great Tips for Prevention Instead of Cure

**A**lthough there is a remedy for hemorrhoids, or perhaps remedies, you need to identify what increases your risk of contracting the said condition. **Hemorrhoid** is very painful and not helpful, at all. You can certainly buy medications and all that but your **hemorrhoids** will just recur if you do not have any idea what may have caused it. Knowing the root cause will allow you to make better decisions and find the right remedy for hemorrhoids. As always said, prevention can do you more good than treatment. You do not have to spend anything to prevent something. But in order to cure something, you do not only waste money but also energy as well as time.



- There are several factors that you need to consider such as **bowel** movement, physical activities, and diet.
- Bad bowel movement, either diarrhea or constipation, causes strain in the rectal area and this can lead to the development of hemorrhoids.
- In case you are regularly being constipated, ensure that you see a doctor and that medication is given to you if it is a necessity.
- The same applies with regard to diarrhea.

## Being Overweight is Also a Factor

The body mass will strain the pelvic region as well as may begin a hemorrhoid. One remedy for hemorrhoids will be to reduce weight to be able to a great number. If the cause of the condition, the hemorrhoid, is genetic, perhaps there is no other way to prevent it. Pregnancy, on the other hand, is also a leading cause of hemorrhoids. What you need to do if you are pregnant is to avoid prolonged sitting. You should also sleep on your side to prevent blood flow to your pelvic area.



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**Hemorrhoid Relief: Simple Tips You may not Know** Apply petroleum jelly to your hemorrhoids before a bowel movement. A bowel movement, especially a solid one, can irritate hemorrhoids and cause them to bleed. Applying petroleum jelly to your hemorrhoids before a bowel movement will help the stool...

## Another Remedy for Hemorrhoids is Diet

Water is the best thing to drink to control bowel movement. Green vegetables are also on the top of recommended meals next to those foods rich in fiber. Taking these food groups will ensure that you are going to have a balanced diet and that your bowel movement will be balanced.



“ **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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