

# Suffering From Hemorrhoids? Here Is Some great Advice To Help

**Y**ou suffer with hemorrhoids, the information in this article can help to ease your pain and prevent future flare ups. You want to find the most helpful information for this uncomfortable condition. With the tips in this article, you can give yourself relief and go about living your life normally again.

Carrying a cushion around with you may make you a little self conscious, but it will provide relief from **hemorrhoids**. Even if you're embarrassed in order to use the cushion at work, you can still lay on it both at home and in the car to help relieve **hemorrhoid** pain.



## Anus Workouts are One Excellent Way to Help Prevent Hemorrhoids

This exercise increases circulation in the anus to prevent hemorrhoids. Flex the anus muscles and hold it for about five seconds and release it. This exercise ought to be done for five minutes, every few hours.

- Fiber supplement can be a great way to add fiber to your diet plan when you find it difficult to eat enough high fiber foods.
- These supplements come as a powder you can mix with juice or water.
- You can find them at any pharmacy.
- Prevent painful hemorrhoids by making the fiber supplement a part of your daily routine.

## Olive Oil is an Excellent Home Treatment for Treating Hemorrhoids

It may be hard to believe, but the oil actually cuts down on the swelling and alleviates the itching of hemorrhoids. Remember that olive oil treatment is only safe for **external hemorrhoids**. Do not use olive oil to **treat internal hemorrhoids**.

## To Get Rid of Any Swelling or Pain Try Sitting in Some Hot Warm Water

Sitting in a bathtub with up to a foot of lukewarm water helps increase blood flow and reduce the pain that hemorrhoids could cause. Be sure to keep your knees up while sitting in the tub. Allow plenty of time, at least until the water has begun to cool.

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*Why Hemorrhoids Can Make Your Life Miserable And What you can Do to Help Unlike internal hemorrhoids, which are located in the rectum, external hemorrhoids are commonly found in the area surrounding the anus. The external ones are the most painful of the two, however, both types are treatable and preventable. This...*

## Don't Depend on Laxatives to Solve Hemorrhoid Problems

These aren't a magic cure; they are simply a quick way to fix a single **bowel** movement. While laxatives can help to ease the discomfort of one rough patch, making a bowel movement easier, it is only a temporary solution. An improved diet, or even surgery, may be needed to be able to cure a hemorrhoid problem.

- An enema can help to ease the difficulties that hemorrhoids cause.
- Begin by boiling two cups of water, then steeping two sliced garlic cloves in the water for half an hour.
- After the water cools to room temperature, use it as an enema just one time a day.
- One of the most effective products that is commercially available with regard to the treatment of hemorrhoids is really a hemorrhoid mat.
- These pads are completely safe to use on hemorrhoids.
- You have to exert oneself too much to have a bowel movement, you can cause yourself hemorrhoids.
- To be able to make softer the a stool a person should get lots of water, eat a higher fiber diet and avoid highly processed foods.
- Squatting without needless tension can help pass bowel movements.
- Place a low stool in your bathroom, and put your feet on it when you are using the toilet.
- There is a noticeable lack of hemorrhoids in countries where residents consistently squat at the toilet.
- You now know that there are many different options for preventing and treating this uncomfortable condition.
- Surgery is reserved for the most severe cases and is rarely recommended.
- If you are able to identify possible causes and triggers of your hemorrhoids, you may be able to avoid or reduce recurrent problems.



“ **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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