

## A Pain in the Butt - Hemorrhoids

**W**hat are [hemorrhoids](#) and what do I have to do to relieve the discomfort? They are also known as [piles](#) and they are caused from too much pressure on the anal veins that can result in either external or [internal hemorrhoids](#).

- Internal [hemorrhoids](#) have no lump outside the anal area that can be seen.
- While [external hemorrhoids](#) can be easier to see they can also be the most painful.
- There are many people in the world who are afflicted by hemorrhoids and mostly exist in people over the age of fifty.
- There are numerous ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz bath can actually experience again a few of the discomfort and reduce the inflammation.



*“ What is a sitz bath? It's really a bath where you sit in warm water that covers your buttocks and hips. The idea is that sitting in the warm water will help more blood in order to reach the anal location which can promote healing as well as help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water remedy for hemorrhoids.*

### You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits More Than a Toilet

However, using your bath tub might be the simplest way to have a sitz bath. Fill up your bath with warm water. You want that warm enough to be comfortable although not too hot. Again, the water needs to cover your buttocks and hips and it is recommended that you partially lay down as opposed to sit in the bath to relieve any pressure on the anal area.

### You May Also Want to Add Some Aromatherapy Oils to the Water to Help You Relax

Choose your favorite oil but utilizing Lavender, Melissa or Valerian Oil make for a great soothing bath. Another good choice is adding epsom salts to the water that is recommended by many practitioners. Epsom salts helps to draw toxins out of the body, reduces swelling and relaxes muscles. Too, epsom salt is also known for helping to relieve irritation and pain. Epsom salt can be purchased from most drug stores.

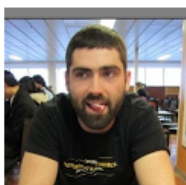
- You will want to stay in the bath for about twenty to thirty units several times a week to promote healing.
- When you get out of the shower you will want to make use of a clean, cotton towel to dry the area.
- Make sure you don't caress but pat the region dry with the towel.
- If you love you can also let the area oxygen dry which several practitioners recommend so you aren't causing any stress to the area again.



HemorrhoidsInternal HemorrhoidsExternal HemorrhoidsHemorrhoid

- You looking for a natural and efficient remedy for hemorrhoids?
- What have you got to be able to lose?
- There are techniques that offer natural remedies without painful procedures and side effects that work.
- You will love the results but more importantly you will love how your body feels.

For more info on treatments for hemorrhoids, check out [Tips for Hemorrhoid Settlement](#).



*“ **Hilton Marsh***

*Hilton is a marketer at [wedeldirect.com](#), a web site about health, lifestyle and fitness. Last year, Hilton worked as a consultant for a health company. When he's not researching content, Hilton enjoys backpacking and rock climbing.*

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