

## Do You Suffer with Hemorrhoids?

**L**ot of people in the world have experienced and suffered through the pain of **hemorrhoids**. Yet, sometimes when a person is experiencing hemorrhoids, they are ashamed or embarrassed in order to talk about it. Nonetheless, suffering alone is not the way to help your **hemorrhoid** problem. People who are overweight or women who are pregnant usually suffer with hemorrhoids because of the pressure of the weight in the pelvic area and the strain that it causes to the anal muscles. Fortunately, there are different types of remedies you can try as a hemorrhoids treatment right in your own home.

*You can change to a fiber rich diet, it will allow your stool to pass less difficult without causing more strain and tearing new cells.*

Use of ice packs in the rectum or anal area will help to reduce the swelling and pain.

### You Must Clean the Region Regularly With a Wet Tissue or Warm Water.

After each **bowel** movement you can apply witch hazel directly to the hemorrhoids which will also help reduce the pain.

- Drink more than 8 ounces of liquid a day.
- This will help with your digestive tract and will also help prevent hemorrhoids.
- Three times a day take a stroll that will also help to reduce pain and swelling.
- However, do not walk too much or it could cause your hemorrhoids to become worse.

Take nonprescription advil, naproxin or acetaminophen to help reduce the swelling and pain.



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***Get Your Hemorrhoids Under control With These Tips** If you are going to touch your hemorrhoid for whatever reason, be sure that you do so with clean hands. By touching a hemorrhoid with dirty hands and fingers, you are increasing the chances of transferring germs and bacteria to the hemorrhoid, which...*

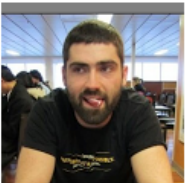
*There are also some simple activities and exercises you can try to help reduce the pain and use as a hemorrhoids treatment.*

- Lay on the floor with a pillow underneath your bottom part and place your legs up on a chair or the headboard of your bed.
- You should lay this way for about thirty minutes.
- This kind of helps reduce the pressure or strain in the anal area.
- Another exercise you can look at is to place your knees on the bed and bend your upper body forward, sleeping your head on the bed.
- You should maintain this position also for about thirty minutes, rotating your head from right to left to help with any stiffness.

### Most Physicians Will Recommend a Topical Cream or a Suppository to Help Reduce the Pain

With those who may have a severe case of hemorrhoids, then surgery maybe an option for you. After surgery it takes about a month to heal and you will experience much more intense pain after urinating or having a bowel movement. You may also loose control of your gas, bowel movement and mucus. Try to ease the hemorrhoids with the at home hemorrhoids treatment before deciding to go in for surgery.

Patrick Noack - Fellow Hemorrhoid Victim - Require **Hemorrhoid Treatment**? Have a look at this particular : <http://www.amazingremedy.info>.



“ **Hilton Marsh**

*Hilton is a marketer at [wedeldirect.com](http://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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