

# External Hemorrhoid Treatment

**E**xternal hemorrhoids can be someone's worst nightmare. A socially unacceptable health problem, external hemorrhoids itch, burn, hurt, and generally cause misery to over ten million people per year. A rather simple health problem, their medical description does not begin to describe the pain and embarrassment they are able to instill, but external hemorrhoids are one of the few cases when home remedies are usually the best ones.



## Click to Get Rid of Hemorrhoids in Less Than 48 Hours

External hemorrhoids are caused by vein enhancement on the outside of the anal canal. In other words, they start outside the body, right on a sensitive nerve band that controls the anal sphincter.

This location is what makes them such a miserable problem. They are frequently caused by internal belly strain that places the large anal veins under too much force on bearing. This abdominal pressure can usually be traced back to pregnancy, constipation, heavy lifting or extensive periods of sitting, so the first thing to do after getting remedy is to find out exactly which of these exists in your life and get rid of them.

Of course, first you have to get this down to the point of being able to think beyond the unhelpful expression of "ow." Fortunately, there are lots of easily available ways to do that. Towel-wrapped icepacks and ibuprofen are generally good places to start, as most people have those in their homes. Taking a warm, plain water sitz bath for 20 min at a time three times a day is another easy and cheap home remedy. Once you can get to a pharmacy, all of the hemorrhoid creams in existence were made with you in mind, so look for one that has lidocaine or benzocaine on the label. They are topical anesthetics, which start their numbing motion as soon as they come into contact with your skin. There are multiple other ingredients that can be used to treat external hemorrhoids, so feel free to ask your pharmacist which would be best for your unique situation and problem.

## Click in Order to Get Rid of Hemorrhoids in Less Than 48 Hours

To cure external hemorrhoids, usually changes in lifestyle are usually the first place to start. If you sit for extended periods of time, establish a routine by which you get up and walk around for a few minutes every two hours or so. In the event that heavy lifting is a challenge, try learning better methods by which to raise and remember to use a pounds belt. If pregnancy is the issue at hand, well, there's not much that can be done about that as it will resolve itself in the fullness of time, so distract yourself by decorating the nursery and focus on eliminating any additional factors from your life. In all of the above instances, eliminating any possibility of constipation is important, so add fiber rich foods like whole grains, beans, and fresh fruits and vegetables to your diet while increasing your water consumption to the recommended eight glasses per day. Adding light exercise to your program can be quite helpful as well.

Hopefully you have found this benefits to treating external hemorrhoids helpful, but don't hesitate to look further on the internet, or to take advantage of the services of the physician or druggist. In case your hemorrhoids start bleeding or start to become worse, you need to see your physician immediately to rule out other, more serious causes of hemorrhoids or anal bleeding. Implementing these remedies and lifestyle changes, you should see improvement shortly, and soon you should be completely free of them.

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*Tips And Ideas To help you Survive Life With Hemorrhoids* If you are prone to hemorrhoids, add plenty of fiber to your diet. Eating a lot of dietary fiber will ensure you dont become constipated. Without the fiber, hemorrhoids can form and then you will get constipated, and that isnt comfortable. You can...

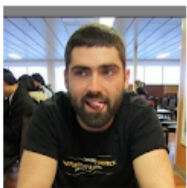
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More Fat Loss Diet Tips:

- Strip That Fat Diet - This is a very fun and easy on the internet diet.
- It consists of a webbased diet generator which lets you create your own meal plans, 2 diet books, a recipe book and a calories guide.

Eat Stop Consume plan claims that it can help the reader lose weight and "burn stubborn body fat" all by looking into making one simple change in the audience's every single day diet plan. The Eat Stop Eat plan offered by Craig Ballantyne has its foundation in the dual system of fasting and weight training.

- Cheat Your Way Thin is a revolutionary new weight loss book by bestselling author and a nutritionist Joel Marion.
- This unique weight loss program is claims to trick your body into burning more calories and therefore losing weight.



“ **Hilton Marsh**

*Hilton is a marketer at weddeldirect.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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