

# Hemorrhoid Cure and Myths

**M**ost people have internal hemorrhoids, this is a purely natural occurrence, and it is only when they move to the exterior extremities around the anal area, that they grow to be an issue. So that you can explain one of the myths, we need to understand the difference between external and **internal hemorrhoids**.



## Our Anal Canal Consists of a Vast Network of Blood Vessels and Veins

Generally these are seen as a wall and protection layer, to allow blood flow through the body. Essentially, the blood vessels are **internal hemorrhoids**. In most cases, these tend to remain unaffected, but when strain is exerted due to a number of causes, including straining during stool passing, constipation, pregnancy and obesity, they grow to be **external hemorrhoids**. These can also be referred to as prolapsed **hemorrhoids**. This occurs when the protective layer has been weakened or compromised and they begin protruding from the surrounding arschfick area. The most common hemorrhoid symptoms begin here; itching, bleeding, distress and also pain.

“ Let this ex-sufferer show you how to beat Hemorrhoids, quickly and naturally. <http://www.hemorrhoidreliefsecret.info>.

## One of the Most Common Myths is that Bad Hygiene is the Cause

Hemorrhoids form outside the body when swollen and inflamed, this has nothing to do with hygiene, however is related to stool hardening or other pressure exerted onto the anal hole. As mentioned above, causes vary, but are generally linked to pressure on the rectum.

Can sexual acts cause hemorrhoids? Generally speaking no, however, anal intercourse can result in the protective layer around the blood vessels to weaken, therefore causing swelling and inflammation and resulting in outside hemorrhoids, but it is not a common cause.

Another myth relates to the fact that hemorrhoids can be due to prolonged sitting or standing. Again, this is not 100% accurate. We all react in a different way to different activities and conditions. In most cases, our bodies are designed sit, remain and run, without any adverse effect. Should a person be overweight though, or perhaps have a condition that adds more pressure than usual onto the protective levels around the anal arteries, hemorrhoids can develop.

As spicy foods can develop prolonged bowels, people believe that this can also be a cause of hemorrhoids. As a rule, this isn't strictly correct; most of us can consume spicy foods without suffering from virtually any side effects. Spicy foods can however result in an anal fissure. Only if you respond in a bad way to spicy food, and also develop chronic diarrhea or perhaps constipation, hemorrhoids can develop in certain situations.

*As you can clearly see, indeed, the points mentioned above can lead to hemorrhoids, but it strongly depends upon your metabolism and general physiology.*

- You suffer from hemorrhoids, or are starting to feel the beginning stages of symptoms, it is advisable to begin treatment immediately.
- Hemorrhoids are a natural way of the body telling you that something is out of sync.
- Consequently, applying a holistic natural therapy that focuses on the cause is essential.
- Nowadays, treatment seems to focus on soothing symptoms, as opposed to the root problem.
- This can also result in hemorrhoids re-occurring.

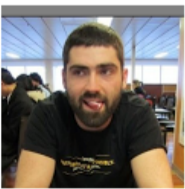
## Learn about Natural Treatments and Arm Yourself With Knowledge.

There is a fresh **hemorrhoid treatment** that has been launched, and it is highly successful. It focuses on a holistic method and has an unbelievably quick cure ratio, as it is 100% natural and takes up the root cause of the problem.

## Learn More about this Treatment by Clicking on the Link Below.

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*Research on alternative medicine and treatments has authorized me to get highly effective treatments for conditions such as hemorrhoids*



### “ **Hilton Marsh**

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