

## Hemorrhoids and enlarged rectal veins

**H**emorrhoids, in the rectum, occur when the veins are not returning enough blood back to the heart. When this happens, the vein walls do not receive enough oxygen and release a substance into the bloodstream that causes them swell and become inflamed. This kind of swelling weakens them as well as their particular more likely to break when they are rubbed, just like during a **bowel** movement.

### Your Stools are Hard, You Have a Higher Chance of Breaking a Swelling Vein

For this reason getting your stools softer is one step in clearing the **hemorrhoids**. You can do this by eating a diet and using cures that help relieve constipation. Hemorrhoids, which are enlarged or swelling can occur,

On the inside just above the muscle that closes the anus and in to to the rectum. They are on the top of the **rectum mucus** membrane On the outside, they happen on the skin that surround the anus and protrude or hang facing outward.

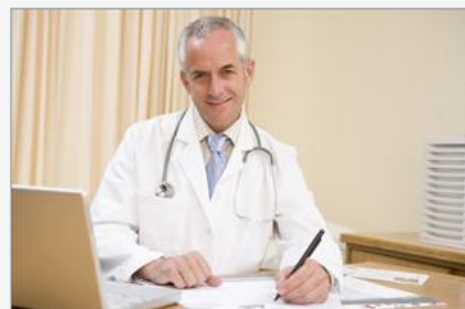
- A way, **hemorrhoids** can be considered spider veins of the rectum.
- Just like varicose veins in the thighs, the rectum veins become enlarged and come to the surface of the skin and bulge out.
- Hemorrhoids occur when you are constipated for very long periods, sit for long hours, lift heavy items, or are pregnant.

### You're Constipated, You Could be Having a Hard Time Having a Bowel Movement

And when you do, the stools are usually small, hard, and dry. If you have to push and strain or take a seat on the toilet for 10-15 units, then expect to have hemorrhoids at some point. Two to three minutes is all you normally need to have a natural bowel movement.

### Over 85% of the Population Has Hemorrhoids

Hemorrhoids are usually a sign that fecal matter is not passing through your colon like it should. Easy hemorrhoids are not dangerous to your wellbeing, but hemorrhoids that have been building for a while will cause you some soreness, such as, Mucous discharge.



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*Make Hemorrhoids A Thing of the past By Using These Great Tips Hemorrhoids are common in many people, including women that are pregnant. If you have hemorrhoids, make sure to not strain when you use the restroom and never scratch the enlarged veins. Instead, use hemorrhoid cream and make sure to relax. Unless...*

Bleeding showing up in your stools or dripping into the toilet water Itching on the outside of the rectum Pain in the rectum area and during a bowel movement Soreness in the rectum area, when you sit down Soft bulging area in the rectum or perhaps anus that give you a sensation that something is there.

See your doctor if your hemorrhoids tend to be painful, have excess bleeding, or stools have change in color from medium brown to be able to dark brown or black.



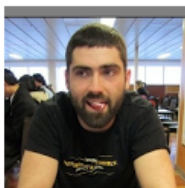
### HemorrhoidsBowelHemorrhoid RemediesHemorrhoidRectum

- Just be aware of any growth in the rectum, bleeding during a bowel movement, and a change in your stools color.
- Then take action to take care of these changes.

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*Rudy Silva has a Physics degree from the University of San JoseCalifornia and is a natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook called 'How to Relieve Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid cures at this site.<http://www.hemorrhoid-remedies.for--you.info>.*

About the author:Rudy Silva has a Physics degree from the University of San JoseCalifornia and is a Natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook referred to as 'How to alleviate Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid cures at this site.<http://www.hemorrhoid-remedies.for--you.info>.



### “ 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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