

## How to avoid Hemorrhoids

**H**emorrhoids may not be something that can be regarded as life threatening, and some people do not even think of it as a very serious condition. Nevertheless, the discomfort and uneasiness that comes with it remains to be something that one does not want to see. Hence, to be able to learn and execute steps aimed at preventing the development of these anal lesions is highly important.

The most commonly advised and the most effective method to avoid suffering from a hemorrhoid would be to develop an eating pattern that promotes regular movement of the bowels. The first thing to do will be to ensure that there will do roughage and fiber in the diet by eating fresh fruits and vegetables, whole grains such as wheat or oats; and one can even take a supplement such as Citrucel. Most of these must be obtained at least once daily for yielding best results.

- Aside from food, drinking the recommended amount of at least eight glasses of water daily is also helpful.
- Fluids have a tendency to lubricate not only the linings of the bowels but also make the feces softer thus easier to be expelled.
- People who are overweight have to drink more fluids to be able to achieve the desired effect.

### Another Measure to Avoid Having Hemorrhoids Would be to Develop Healthy Bowel Patterns

Scheduling a time of the day to do the deed can be very helpful since it has a tendency to accustom the actual bowel to a certain routine. Other healthy defecation habits include refraining from straining, holding one's breath, or reading a book while passing stool must be done since any of the above activities provide undue stress on the blood vessels around the anal area thus predisposing the development of a hemorrhoid.

Doing activities in which contribute to having a good bowel design is also an effective means to prevent developing the particular bowel lesion. Sustaining a regular physical activity such as exercise, skating or any kind of sport that needs movement may be done to improve blood flow and promote peristaltic movement in the intestines. Asking for help or using special equipment to lift or move heavy objects is also important to prevent placing additional force on the muscles of the lower body like the hemorrhoidal muscles in the bowels.

Reality, there is only one way to avoid developing this problem which is to keep regular patterns of defecation. By achieving this regularity, there is less tendency of constipation, impaction of stools and difficulty in moving stools - thus less chance for possessing hemorrhoids.



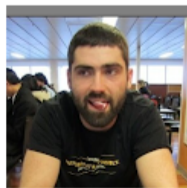
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Hilton is a marketer at [weddedirect.com](http://weddedirect.com), a web site about health, lifestyle and fitness. Last year, Hilton worked as a consultant for a health company. When he's not researching content, Hilton enjoys backpacking and rock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

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