

# How to get rid of Hemorrhoids

**H**emorrhoids are usually caused when constipation forces you over exert yourself while having a bowel movement. The increased pressure that you put on the sensitive veins of your anal region leads to hemorrhoid swelling, bleeding, itchininess and general discomfort.

Since constipation is usually the cause of hemorrhoids, the most effective way in order to cure hemorrhoids is to change your diet.

## That Means You Have to Include Lots of Fibrous Foods in Your Diet

Some delicious high fiber foods include vegetables such as spinach, kale and sweet potatoes. You should also eat a lot of fruit everyday. High fiber fruits such as pears, apples and oranges prunes, grapefruit and cherries will prove to add roughage and liquid to your barstools.

- As you add more fiber in order to your diet you must drink lots of water.
- Fiber and drinking water will bulk increase stools so that they are full and moist.
- This will allow them to come out easier.
- As your constipation problems subside, so will your hemorrhoids.

You should avoid or cut back on foods such as white bread, white rice and other highly processed foods because they are very low in fiber and often lead to constipation. Use whole grain breads, pasta as well as brown rice instead.

*“ Easing constipation to create easy bowels is the best way to get rid of hemorrhoids. However, you may also want to find a few hemorrhoid treatments that you can use to relieve the burning, itching, and swelling that you are having now.*

- There are usually numerous hemorrhoid lotions, ointments, suppositories and supplements available online that you can use to relieve the the pain.
- Popular hemorrhoid creams and products contain Zenmed Ziro and Hemorrhoids No More.
- Suppositories contain Preparation H and Calmol.
- Supplements consist of Venapro and Avatrol.

## There are Also Many No Cost Home Treatments that You can Use to Find Relief

One on one of the most soothing home treatments could be the sitz bath. This is a small tub that is especially designed to allow the soaking of hemorrhoids without taking a bath. In this process the rectal area is soaked in hot water for 15-20 minutes 3-4 times each day. Taking a sitz bath helps relieve hemorrhoid signs as well as promotes shrinkage of the hemorrhoid.

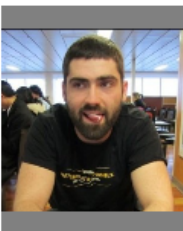
- You can also apply ice packages on the anal region to reduce inflammation.
- Do this several times a day while putting feet up.
- Ice packs are not as secure as sitz baths but they are very effective for short term relief.
- There are surgery for getting rid of hemorrhoids.
- Three of these procedures are:

**Rubber Band Ligation** - A small rubber band is placed at the bottom of the internal hemorrhoid to cut off the blood flow.

**Laser Coagulation** - An electric current will be applied to the hemorrhoids and shuts down the blood supply causing the swollen tissue to shrink.

**Hemorrhoidectomy** - The hemorrhoids are surgically removed with a scalpel, cattery device or laser.

- Thankfully, most cases of hemorrhoids can be treated and cured without surgical procedures by following the advice above.
- To find out more about the most popular hemorrhoid treatments read the information you will find with Health Watch Report.



### *“* **Hilton Marsh**

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