

# Hemroids Treatment And Hemorrhoid Causes-How To prevent And Treat Piles

**M**ost of us will experience hemorrhoid/hemroid symptoms in various degrees sooner or later in our lives. This ailment affects above 50% of people above the age of 50 years, it is quite common. However for most people that are affected by this disease, the nature of the disease makes them too embarrassed to discuss readily about their ailment, but since this disease is very common we should try to understand the causes and treatment of the disease. (Click here to download a free course that clarifies the real main causes of **hemorrhoids** within detail)



## What Causes Hemroids?

The major well known underlying factor behind **hemorrhoids** is constipation. A normal well functioning alimentary system ought to ensure that we move our own **bowels** at least once every day or at the most every two days. In case your frequency of bowels is actually less than this then you are suffering from some degree of constipation.

Constipation is brought on by build up of hard feces in the intestines making the feces hard to pass. These hard stools gradually build up in the colon. Any time you feel pressed and you go to the toilet to pass out these hard stools you have to strain hard to push them out, this particular excessive straining causes extra pressure to be generated which can be then transmitted into the veins of the rectum and anus leading to the expansion of these veins.

This abnormal expansion makes the veins in order to swell up and become inflamed thus leading to the onset of **hemroid** symptoms. (To learn 9 sure fire ways to maintain proper alimentary system click here)

## How are Hemroids Treated?

The treatment of hemorrhoids can be completed via two various approaches:

- First approach: The first and the most widely used approach is to target mainly the symptoms of hemorrhoids.
- This is achieved by the use of creams, ointments, suppositories, sitz bath and pain relieving drugs.
- These items are easily accessible at local drug stores as over-the counter medications.
- This approach only locates the signs and symptoms.

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*Why Are Internal and external Piles Treated Differently? The basis of piles treatment can be the same for internal and external piles. Some things don't change, such as the necessity for a high-fiber diet, plenty of water, and sufficient exercise. However, many of the drugs useful for external piles...*

- Examples of these lotions and ointments include vitamin e cream, witch hazel, and natural aloe vera.
- These items are very good at alleviating the symptoms of hemorrhoids briefly. (Click here in order to learn how to cure hemorrhoids permanently).

## Second Approach: this Second Approach is a More Effective Approach

It targets the real root causes of the disease aiming with regard to a more permanent resolution of the ailment. This particular approach helps to prevent reoccurrence of symptoms. This method involves the use of holistic natural therapy that will cure the ailment and also prevent flaring up in the future. Lifestyle changes specifically in the type of foods that make up your usual diet plan must be made. The intake of processed foods like pastry based foods should be discouraged; more of natural foods high in fiber ought to form the major part of what we eat. The consumption of vegetables and fruits should be seriously encouraged. (Click the links within the last paragraph below in order to understand 5 vegetables and fruits that if taken just once weekly may make sure that you never get constipated again!)

Other way of life adjustments involving sitting postures, exercise and activity etc should be made. There also certain herbs and root extracts that act normally on our bodies to shrink the swollen **hemorrhoidal** veins once and for all.

- You Can Get Rid Of Hemorrhoids Completely By Using This 100% Safe Natural Remedy.
- It Begins Working IMMEDIATELY After Use.
- Click here To be able to Download A Free Hemorrhoid Course.

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