

# 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, itchiness 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 foods high in fiber 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 add roughage and liquid to your bar stools.

- As you add more fiber in order to your diet you must drink lots of water.
- Fiber and 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, past as well as brown rice instead.

Easing constipation to create easy going number 2 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, irritation, and swelling that you are having now.

- There tend to be numerous hemorrhoid lotions, ointments, suppositories and supplements available online that you can use to relieve your own this.
- Popular hemorrhoid creams and ointments include Zenmed Ziro and Hemorrhoids No More.
- Suppositories consist of Preparation H and Calmol.
- Supplements include Venapro and also [Avatrol](#).

## There are Also Many Costfree Homeopathic 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 symptoms and also promotes shrinkage of the hemorrhoid.



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*Dealing With Painful Hemorrhoids - What you need to Know Hemorrhoids are the swelling of the blood vessels or tissue in the anus or lower rectum and can become really painful if left untreated. Millions of people are silently struggling with hemorrhoids due to distress. They re ashamed to discuss or even...*



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

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

**Laser Coagulation** - An electric current will be applied to the actual hemorrhoids and shuts down the blood supply allowing 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.
- In order to find out more about the most popular hemorrhoid treatments read the information you will find at [Health Watch Report](#).

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