

# How to Get rid of hemorrhoids Permanently - 3 Causes and 3 Ways to Avoid

**A**ny person who has suffered the pain and discomfort would want to know how to get rid of **hemorrhoids** permanently. No one wants to experience such a painful and embarrassing condition ever again.

To know how to get rid of **hemorrhoids** permanently you must first know how hemorrhoids occur.

## Reason 1: Constipation

Constipated feces is the leading cause of hemorrhoids. This is because these feces are hard and also large with rough surface that will bruise and stretch the anal wall space during **bowel** motion.

Larger the fecal matter the greater chance these kinds of anal walls will be stretched further straining the blood vessels. These types of blood vessels would get swollen from the damage and may cause the hemorrhoids.

## Solution - Avoid Constipation

Maintain a normal bowel movement and eat foods that are rich in fiber. Also increase your intake of fluids just like water and fruit juices. Normal bowel movement will be no less than 3 times obtain. This will ensure that feces have not lump together into one big mass when you try to excrete them. Fiber-rich foods are fruits, whole wheat bread, oat meal and green leafy vegetables. This will ensure that fecal matter will be soft with smooth surfaces. Fruit juices and normal water will also help in keeping the feces soft.

## Reason 2: Forced Bowel Movement

Forcing to excrete feces that aren't coming puts a lot of pressure on the anal tissues. This stress is passed to the blood vessels causing them to enlarge just like being bruised by constipated feces turning into hemorrhoids. Normal Bowel Movement ought to come naturally. You should not be forcing your body to meet the normal intervals for defecating.



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*Dealing With The Pain Of Hemorrhoids? Check out These Ideas! Overweight individuals are at a bigger risk for hemorrhoids, so you should lose weight if you want to reduce your risk or reduce the swelling of a pre-existing hemorrhoid. A larger waist and abdominal area means that you are putting g a lot more...*

## Solution - Keeping a Your Diet Rich in Fiber

Maintain a fiber-rich diet to make your body adjust right up until it's bowel motion becomes normal. Also take lots of water and fruit juices. The diet that you used in order to avoid constipation should be your normal diet so that you will have normal bowel movements.

## Reason 3: Prolonged Diarrhea

Diarrhea is the opposite of constipation. So how does it cause hemorrhoids? This is simple. Diarrhea also causes too much straining in the anal sphincter due to the abnormal urges to defecate in excess of thrice a day. This kind of abnormal frequency of muscular effort by the anus will cause the blood vessels to be strained. Prolonged diarrhea will eventually cause the blood vessels to be able to turn into hemorrhoids.

## Solution - Treat Prolonged Diarrhea Immediately

Diarrhea usually settles down after you figured out the main cause out of your intestines. For diarrhea that last abnormally long you will need to consult a doctor.

Alvin Hopkinson is a leading researcher in the area of treatments and hemorrhoids treatment. Discover the real and effective **external hemorrhoid** treatment, using proven home remedies, almost all without using harmful drugs or drugs. Check out his site now at

<http://www.hemorrhoidpainrelief.org>.

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