

## Types of Foods That cause Hemorrhoids

**Y**ou have observed some soft and painful mounds appearing on the opening of one's anal sphincter, this might be an indication of **hemorrhoids**. Eating particular types of food can increase your risk of having swollen and inflamed veins. Aside from chronic diarrhea or even constipation, aging, genetics, pregnancy, obesity or sitting on the toilet for long periods of time, **hemorrhoids** is also caused by various types of foods such as sugary, salty, fatty foods and alcoholic beverages.



### Sugary Foods

There are several kinds of sugary foods that cause hemorrhoids. Included in this are cakes, candies, sodas, muffins, ice cream, doughnuts as well as cookies. Foods with high sugar content tend to cause constipation, inflamed anal or perhaps rectal veins as well as sprained **bowel** movements.

### Salty Foods

Consumption of salty food can also contribute to hemorrhoids development. Meals with high sodium content cannot only elevate your blood pressure but it can also make your own rectal problematic veins to bulge. Some instance of salty food that cause hemorrhoids will be the following: pretzels, salted nuts, canned soups, potato chips and French fries. You have to remember that bulging anal veins are the primary cause of hemorrhoid discomfort which happens during bowel movement or rather sitting for longer periods of time.

### Alcohol

Drinking alcoholic beverages can be another example of foods that causes hemorrhoids. It increases the risk of developing hemorrhoids by causing dehydration. When dehydration takes place, strained bowel movement as well as bowel irregularity also happens. You need to understand that alcohol exacerbates the symptoms of hemorrhoids because it dehydrates the body, leaving a little amount for lubrication in the tissues. Without enough liquid, the rectal walls are susceptible to pressure due to the inflamed veins.

### Fatty Foods

Fatty foods such as ham, beef, lamb, fried chicken and sausage contains large amounts of saturated fats that consequently solidify your own stool which eventually leads to constipation. These types of unhealthy fats increase your risk of getting hemorrhoids due to inflamed anal and rectal veins that presses your rectal wall. Caffeine.

### Caffeine Also Plays a Vital Part When It Comes to the Development of Hemorrhoids

Caffeine will be a form of laxative that irritates the stomach and intestines which leads to involuntary bowel movement. This phenomenon may cause loose stools or constipation which aggravates the condition. You need to keep in mind that coffee and other foods that contain caffeine contribute to the development of hemorrhoids.

### Spicy Foods

There is no specific study that demonstrates the connection of spicy foods in the development of hemorrhoids. On the other hand, there are some people who say that the acid content of spicy foods irritates the tissue around the rectal wall.

- Some of the other foods that cause hemorrhoids include mustard, red pepper, and nuts.
- They are only waste partially in the stomach and when they attain the anus, irritation takes place in the affected area.
- While these type of foods cause hemorrhoids, you still need to keep in mind that lack of high-fiber meals also cause hemorrhoids.
- Some of the foods that you need to consume regularly include broccoli, wheat, beans, apples, carrot, brown rice, spinach and a lot more.



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To learn about other types of foods that causes hemorrhoids please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and also <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish go to <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian go to <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Visit <Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com>

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

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