

Understanding And Eliminating Hemorrhoids Naturally

Annoying, uncomfortable and many time embarrassing, **hemorrhoids** are a common and fortunately not serious health concern. A **hemorrhoid** is identified as any abnormally swollen veins in the rectum or perhaps rectum. There are two different types of hemorrhoids: internal and external. **Internal hemorrhoids** don't hurt or perhaps itch. They can't end up being felt because they form deep inside the anus. **External hemorrhoids** are the cause of the pain, itching and burning that you often hear about on TV.



You are wondering if you are suffering from hemorrhoids, their symptoms include: rectal tenderness and bleeding, itching, agonizing **bowels** ' especially with forcing. Sometimes a large that can be felt in the anus or there may be a small protrusion of cells. Sufferers may also experience a release of mucus following a bowel movement.

“ When a hemorrhoid is irritated, the surrounding tissue can swell, burn, itch, become painful or perhaps lose blood. This can take place for a number of reasons. Most often, they form due to repeated excessive pressure inside rectal or anal veins, usually as a result of straining to pass through bowel movement. Straining puts pressure on the rectum and causes blood to increase the size of, swell and bulge the walls of the veins.

Once a rectal vein has been extended and a hemorrhoid forms, they are difficult to get rid of and also it takes less pushing to allow them to recur. Additionally, hard work, having a baby & shipping, obesity, overeating, inadequate workout and prolonged sitting 'especially on toilet can cause hemorrhoids to form.

You Suffer from Hemorrhoids, Treatment May be Required

Sometimes a painful blood clot may form in the hemorrhoid. It should also be sought out if there is excessive blood loss or perhaps if an infection develops. It may also be wise to seek medical advice in order to rule out cancer of the rectum or colon.

Recommendations for Wellness

Ice packs and frozen probes can be inserted into the anus to reduce swelling. This can also provide relief from the itching and burning experienced even if it is only temporary.

Try Going for a Stiz Bath

Fill up your tub with 4-5 ins of warm water and sit in it for 15 minutes after a bowel movement. A Stiz bath can help reduce swelling as well as help relieve the itchy burning up feeling that is often experienced after a bowel movement.

- Avoid reading or spending excess time on the toilet.
- When it takes you a lot more than 3-5 minutes to have a bowel movement, after that something is wrong.
- Don't scratch.
- While scratching can make a hemorrhoid feel temporarily better, scratching can damage the walls of the veins and create more problems.

Using pads soaked with witch hazel can provide temporary relief from the burning and itching often experienced with hemorrhoids.

- Eat lots of fruit, especially ones with outer skins like apples, peaches and pears.
- In addition to the added fiber the skin has, it will also help to add moisture for your stool.

Incorporate bulk forming fibers such as psyllium into your diet to help make softer the stool and make the passage of a bowel movement easier and reduce straining. Soluble fiber holds water as well as help to keep the stool soft, while added bulk help to move the stool through the colon.

- Make sure you drink your 8 cups of water a day.
- Water is crucial for providing the intestinal tract with enough moisture so that your stools do not dry out.
- This is especially true if you are taking fiber supplements.
- You suffer from constipation, try eating some dried prunes or drinking some prune juice.
- In addition to adding fiber, prunes have a mild laxative effect.

Herbs such as casgara segrada, turkey rhubarb or herbal combinations for example Natures Sunshine's LBS II and B-X can be used to evacuate the intestinal tract. While these should be used with caution, they are less aggressive than many professional laxatives that are available at the supermarket.

- Always stand and walk during your breaks at work and try to stand and walk at least 5 minutes every hour.
- This can help avoid direct pressure on your own rectum.

Your job requires heavy lifting, make sure you exhale any time while you strain or lift and whatever you do, don't hold your breath.

Butchers Broom is good for a wide range of circulatory ailments, especially ones involving veins.

White Oak Bark can be used to shrink enlarged tissues & assists normalize bleeding.

About the Author: Copyright 2005

Naturopathic Physician, Dr. Rita Louise, Ph.D. is the author of the book 'Avoiding the Cosmic 2x4' It is her unique gift as a medical intuitive and clairvoyant that illuminates and enlivens her work. Let Dr. Louise help you provide health healing and wholeness back into your life. Go to <http://www.soulhealer.com> or call (972) 475-3393 for more information.

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