

# A Pain in the Butt - Hemorrhoids

**W**hat are **hemorrhoids** and what do I have to do to relieve the discomfort? They are also known as **piles** and they are caused from too much pressure on the anal veins that can result in either external or **internal hemorrhoids**.

- Internal **hemorrhoids** have no lump outside the anal area that can be seen.
- While **external hemorrhoids** can be easier to see they can also be the most painful.
- There are many people in the world who are afflicted by hemorrhoids and mostly exist in people over the age of fifty.
- There are lots of ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz bath tub can actually experience again a few of the discomfort and reduce the puffiness.



*“ What is a sitz bath? It's really a bath where you sit in warm water that covers your own buttocks and hips. The idea is that sitting in the warm water will help more blood to reach the anal area which can help promote healing and help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water treatment for hemorrhoids.*

## You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits Over the Toilet

Nevertheless, using your bath tub is probably the simplest way to have a sitz bath. Fill up your bath with warm water. You want it warm enough to be comfortable but not too hot. Again, the water must cover your buttocks and hips and it is recommended that you partially lie down instead of sit in the bath to relieve any pressure on the anal area.

## You May Also Want to Add Some Aromatherapy Oils to the Water to Help You Relax

Choose your chosen oil but making use of Lavender, Melissa or Valerian Oil make for a great calming bath. Another good choice is adding epsom salts to the water which can be recommended by many practitioners. Epsom salts helps to draw toxins out of the body, lowers swelling and relaxes muscles. Also, epsom salt is also known for helping to relieve inflammation and pain. Epsom salts can be purchased from most drug stores.

- You will want to remain in the bath for about 20 to 30 units several times a week to promote healing.
- When you get out of the bath you will want to make use of a clean, cotton towel to dry the area.
- Make sure you don't rub but pat the area dry with the towel.
- If you love you can also let the area oxygen dry which several practitioners recommend so you aren't causing any stress in order to the area again.
- You looking for a natural and successful remedy for hemorrhoids?
- What have you got to lose?
- There are techniques that offer natural remedies without painful procedures and side effects that work.
- You will adore the results but more importantly you will love how your body feels.

For more details on natural remedies for hemorrhoids, [click here for Tips for Hemorrhoid Alleviation](#).



*“ Sadie Walters*

*Sadie is a content marketing professional at utioverthecounter.info, a collection of articles about medicine. In the past, Sadie worked as a advertising guru at a news startup. When she's not sourcing web articles, Sadie enjoys hiking and rock climbing.*

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