

# Hemorrhoids - what do i need to do?

There are many unpleasant symptoms and diseases associated with constipation. **Hemorrhoids** is one such symptom and several doctor or perhaps practitioners say, 'its not a serious condition.' As a natural nutritional consultant, I say, 'Hemorrhoids is a condition you need to treat or better yet eliminate.'



- You need to listen to all symptoms you have to decide if you want to take some action to correct the cause.
- Some times just acknowledging a simple symptom is enough for symptom and the cause in order to disappear.
- Hemorrhoids, whether basic or severe, are telling you there is something wrong somewhere and 'I hope you take care of this before it get worse'
- Taking care of **hemorrhoids** or hemorrhoid symptoms is the first thing you should take care of.
- Then, you want to concentrate your effort on the cause of these hemorrhoids.
- In this way you can help to remove the hemorrhoids and prevent them from coming back.
- The first indicators of hemorrhoids are when you need to take action.
- Don't wait until your hemorrhoids obtain large, provide you with pain, start bleeding, or protrude

## The First Question You Should Ask about Hemorrhoids is What Caused Them.

What brings about hemorrhoids?

### Is Always the Cause of an Illness that You Try to Eliminate

Doctors don't always have the time to be able to know what the cause is so they will deal with the symptom to get rid of it. The result is that your illness will come back or the sign is or appear as a different symptom.

*Hemorrhoids are cause by excess pressure in the rectal problematic veins and the veins in the surrounding area.*

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*How and Where to find the Best Hemorrhoid Treatment Hemorrhoids are terribly hard to deal with. They can come at any time and usually followed by extreme discomfort, punctuated by episodes of excruciating pain. Especially for pregnant women, the weight of the fetus on the lower extremities may cause...*

## There are Many Causes of Hemorrhoids of Which Constipation is a Major Cause

By first using some natural **hemorrhoid remedies** that I will discuss later on articles, you are able to remove or diminish your hemorrhoids. Then by using some natural remedies for constipation, you can prevent hemorrhoids from coming back.

- Using natural remedies for treating your hemorrhoids is the best way to deal with this condition.
- In their book, NaturalPrescriptions, 1994, Robert M.
- Giller, M.D. as well as Kathy Matthews, offers you their opinion of drugstore medications,

## You are Suffering from Hemorrhoids Right Now, You Want Immediate Relief

What about all those over-the-counter remedies? Just last year the FDA clamped down on the manufacturers of these products, and some of them are being removed from the market because they've never been proven to be effective. Other need to limit their statements. Those that claim to shrink tissues need to carry a warning because people with diabetes or heart disease, for example, should not have used them. In the final analysis, while you might get some temporary relief from these items, you could do as well through the use of zinc oxide, petroleum jelly, or witch hazel, which are just as effective and also far cheaper.'

Rudy Silva has a Physics degree from your School of San JoseCalifornia which is a natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook called 'How to relieve Your own Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid remedies at this site.<http://www.hemorrhoid-remedies.for--you.info>.

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