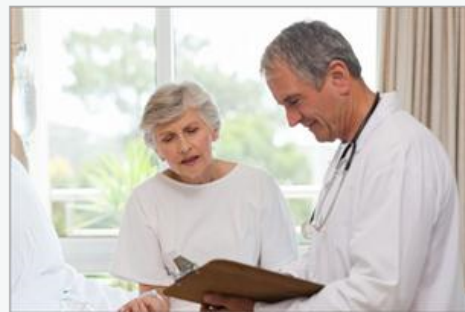


How to prevent and Treat Hemorrhoids

Lots of things such as bills, bosses, parking tickets are a pain in the butt. But having a **hemorrhoid** is really just a varicose vein that sprouts in which the sun don't glow. Are you likely to get them? Well, those who have chronic constipation or who habitually strain to maneuver their **bowels** are susceptible. So are pregnant women, as the expanding uterus compresses the problematic veins and obstructs the return of blood from the rectum. But they are so common that you may not be able to identify a specific cause. Sometimes you do not even know that you have **hemorrhoids**. But oftentimes, they refuse to be ignored, causing symptoms such as itching, bleeding, and pain. Here are some tips that you can think about to adopt for pain-relief.



Click in Order to Get Rid of Hemorrhoids in Less Than 48 Hours

Exercise - But Not Too Hard.

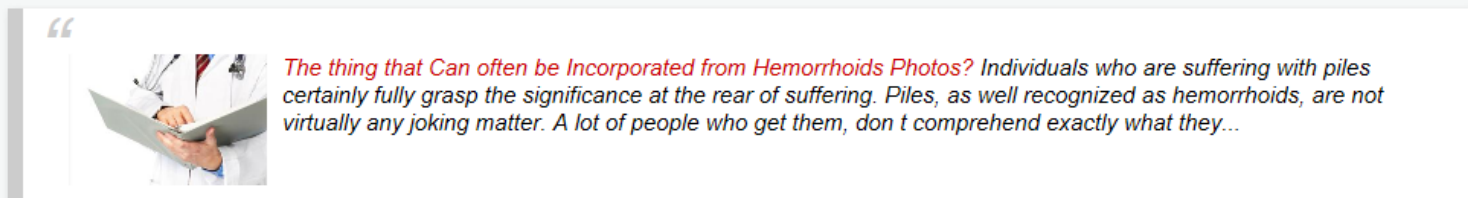
- You should avoid activities that put a strain on hemorrhoids such as lifting weights or biking.
- It is recommended to do swimming.
- You can resume your usual exercise routine once the flare-up is over.
- Regular exercise can help prevent hemorrhoids by helping to regulate your bowels.

Do Some Serious Guzzling

The harder your stool, the harder you have to push, which can aggravate hemorrhoids. Water is less costly than a stool softener, and it is just as effective. It is recommended to try to drink at least eight 8-ounce glasses of water a day. But if water does not help, try a mild, over-the-counter stool softener. In case you are salt sensitive and you have high blood pressure, just make sure that the softener you choose does not have sodium.

Sit in a Sitz Bath

Sit in a tub filled with Half a dozen inches of warm water for 10 minutes, three times a day. Add 1 cup of Epsom salts if you wish. It can help reduce the swelling and can be quite soothing.



Reach for a Tube of Relief

For temporary relief, apply a non-prescription hemorrhoid preparation. Both ointments and also suppositories are quite effective. No need to spend a bundle on these salves. However, most of them are based on a similar formula, so you can get the generic brand rather than name-brand ointment. You can also use plain old non-medicated petroleum jelly.

Eat More Fiber

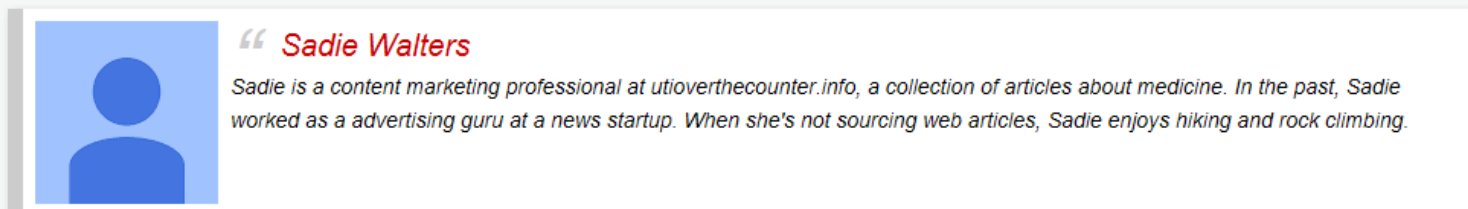
To maintain your stool soft, consume a high-fiber diet, especially during a flare-up. It is strongly recommended eat more fresh fruits and vegetables and less red meat and cheese.

Wipe Gingerly

Wipe with moistened toilet paper, which is a smaller amount abrasive. And wipe gently. Rough bathroom hygiene can irritate a hemorrhoid. Also avoid using scented or colored toilet paper, which contains chemicals which will irritate hemorrhoids.

Try a Pain-Relieving Pad

Apply a hemorrhoid ointment or cream directly to the hemorrhoid, then cover the area with a sanitary napkin that has been soaked in Epsom salts. To make sure that the pad stays in place, attach it to your underwear. Or try the medicated parts such as Tucks with regard to hemorrhoids. They serve the same purpose.



Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.