

A Pain in the Butt - Hemorrhoids

What 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 numerous ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz bath can actually experience again a number of the discomfort and reduce the swelling.

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

Hemorrhoid Relief



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Hemorrhoids a Year after Childbirth

Hemorrhoids a Year after Childbirth. Calmovil Hemorrhoid Relief Kit includes homeopathic drops, calming topical cream, and natural supplement, formulated to help target the source of hemorrhoids. Calmovil's active ingredients have been used safely for many years to support good blood flow, help reducing inflammation and support healthy hemorrhoidal veins. Now they are all combined into this unique Hemorrhoid formula. Improving blood flow, decreasing swelling and supporting healthy veins has been shown to alleviate the pain and flare-ups related to hemorrhoids.

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You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits More Than a Toilet

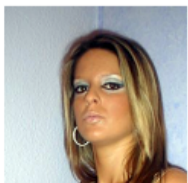
Nonetheless, using your bath tub might be the simplest way to have a sitz bath. Fill up your bath with warm water. You want this warm enough to be comfortable but not too hot. Again, the water has to cover your buttocks and hips and it is recommended that you partially sleep the night instead of sit in the bathtub to relieve any pressure on the anal location.

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

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

- You will want to be in the bath for about twenty to thirty min's 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 region dry with the towel.
- If you like you can also let the area oxygen dry which a few practitioners recommend so you aren't causing any hardship to the area again.
- You looking for a natural and effective remedy for hemorrhoids?
- What have you got to be able to lose?
- There are techniques that offer natural remedies without painful procedures and side effects that actually work.
- You will adore the results but more importantly you will love how your body feels.

For more details on treatments for hemorrhoids, check out Tips for [Hemorrhoid Relief](#).



“ **Crystal McDonagh**

Crystal is a writer at utibloodinurine.info, a site about alternative natural health. Last year, Crystal worked as a advertising guru at a news web site. When she's not sourcing new content, Crystal loves painting and rafting.

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