

# Why Hemorrhoids Can Make Your Life Miserable And What you can Do to Help

Unlike internal hemorrhoids, which are located in the rectum, **external hemorrhoids** are commonly found in the area surrounding the anus. The external ones are the most painful of the two, however, both types are treatable and preventable. This article will help you be able to live with hemorrhoids, and this will lessen the effect they have on your daily life.



- Straining during **bowel** movements is among the best causes of **hemorrhoids**.
- It can also help make ones you already have worse.
- In the event that eating more fiber won't make it easier to poop, an alternative is to squat on a stepstool while defecating.
- This helps elevate your knees into a squatting position, which can align your body and make it less complicated to pass your bowel.

“ Straining during going number 2 is a major cause of hemorrhoids, and will make existing **hemorrhoids** worse. When increased fiber intake doesn't offer enough relief, consider a tiny bar stool to place beneath your feet while using the bathroom. This makes it easier for you because it puts in a squatting position, which makes it easier for you to pass your bowel movement without as much strain.

## Try Making Use of Ice With Regard to Hemorrhoid Pain Relief

Swollen hemorrhoids can cause significant pain. A homemade ice pack can reduce swelling, which then lessens the pain. Use a warm compress after using an ice pack. You can help your hemorrhoids by alternating sitting in a nice warm bath and utilizing an ice pack.

- There are a number of foods that are effective when trying to reduce or eliminate the symptoms of hemorrhoids.
- Whole grains and natural cereals tend to be very good.
- It's also advisable to eat a lot of vegetables and fruits.
- Eat foods which contain a lot of soluble fiber.
- The healthier and more complete your daily diet, the particular less prone you are to hemorrhoids.

## Anus Exercises can Help Prevent Hemorrhoids

If you don't use your anus muscle groups, there definitely won't be adequate blood flow, which can cause your hemorrhoids. For about five minutes every three to four hours, flex the muscles in your anus and hold it that way for five mere seconds before releasing.

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**Hemorrhoidolysis (Galvanic Electrotherapy) for Hemorrhoid** It is widely believed that hemorrhoids are triggered by improper bowel habits. There is a higher chance which an individual develops hemorrhoid due to constant hard stools. This is the reason patients with mild cases are advised to try to soften...

- Hemorrhoid pads are great for hemorrhoids.
- These pads will reduce the irritation and absorb the blood loss.
- An enema may help to ease the difficulties that hemorrhoids cause.
- First you will want to steep 2 diced up garlic cloves in 2 cups of boiling hot water for 30 minutes.
- After cooling completely to room temperature, it can be used as a daily enema.



## HemorrhoidsBowelHemorrhoidExternal HemorrhoidsInternal

- Lifting heavy items can cause hemorrhoids.
- It puts strain on the body exactly like bowel movements do.
- If you are having trouble with recurring hemorrhoids, it might be advisable to avoid lifting very weighty items at home and at the job.

Practicing thorough bathroom hygiene habits decrease your chances of getting external hemorrhoids. For example, choose the best feeling toilet paper that will wipe cleanly, and also be sure to position some moist wipes near the stool for you to utilize after all bowel movements.

- Drinking adequate amounts of water and including fiber in your diet can help.
- Additionally, there are numerous over-the-counter medicines that will help with pain and inflammation.
- Use everything you just read in order to minimize hemorrhoid attacks.



“ **Crystal McDonagh**

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

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