

## 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 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 the buttocks and hips. The idea is the fact that sitting in the warm water will help more blood to reach the anal region which can promote healing and help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water therapy for hemorrhoids.

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

However, 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 needs to cover your buttocks and hips and it is recommended that you partially sleep the night as opposed to sit in the tub 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 preferred oil but using Lavender, Melissa or Valerian Oil make for a great relaxing 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, decreases swelling and relaxes muscles. As well, epsom salt is also known for helping to relieve inflammation and pain. Epsom salts can be purchased from most drug stores.

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**Simple Ways To Avoid Hemorrhoids.** Hemorrhoids are one of the very common amounts men and women. Most people will experience some degree of hemorrhoid at some point in their lives. Hemorrhoids can take place at any age, but the possibility of getting hemorrhoids increases with age....

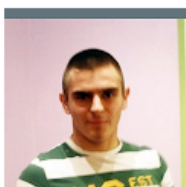


HemorrhoidsInternal HemorrhoidsExternal HemorrhoidsHemorrhoid

“ You will want to stay in the bath for about 20 or 30 min's several times a week to promote healing. When you get out of the shower you will want to work with a clean, cotton towel to dry the area. Make sure you don't stroke but pat the area dry with the towel. If you love you can also let the area atmosphere dry which some practitioners recommend so you aren't causing any distress to be able to the area again.

- You looking for a natural and successful 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 realistically work.
- You will love the results but more importantly you will love how your body feels.

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



“ **Trey Hinton**

Trey is a content marketer at [gold-web-submission.com](#), a collection of articles about alternative health tips. Previously, Trey worked as a consultant for a tech software startup. When he's not scouting for web articles, Trey enjoys hiking and rock climbing.

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