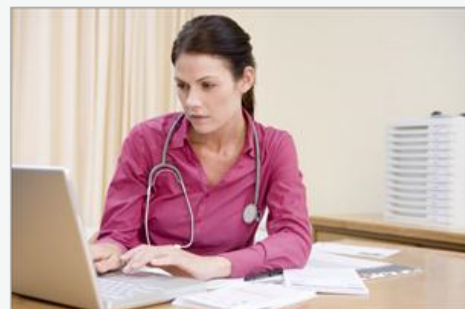


# Causes and Treatment of Hemroids or Hemorrhoids

**H**emroids are embarrassing, painful and a terrible daily condition to have to deal with.

Do you know that hemorrhoids can be a life-threatening disease? If not treated in early stages then it can be really painful and need to be operated. Hemroids can occur in different types like internal, external, blood loss hemroids and others.



## What Leads to Hemroids?

The main causes of hemorrhoids can be divided into two groups, namely that those are associated with our lifestyle and that are based on the eating habits. Usually the common causes of hemroids include aging, unhealthy eating habits, pregnancy and also child birth, heavy lifting, heredity, severe coughing, forcing throughout bowel movements.

- Another reason of occurrence of hemorrhoids is the way in which of moving the stool.
- Wrong habit of passing the stool like
- Not providing enough time to pass stool - In this way the large intestine gets harmed while passing the fecal waste.
- This results in rupturing of veins and is therefore harmful to the tissues which can lead to hemorrhoids.

*Lack of liquid intake - Inside the daily diet lack in sufficient water makes your stool dry and hard which is the most prominent cause of hemroid.*

## Sudden Lifting of Heavy Weights

Hemorrhoids can also result in due to pulling weighty weights that put extra pressure on veins and tissue. But this is not found among those who use heavy weights in routine rather. It affects greater level to be able to those people who are obese or overweight.

Heart and Liver diseases- When the blood is pooled in and around the pelvic system, the enlarging of the veins may lead to Hemroids.

“



*A Natural Way to Alleviate Hemorrhoids Pain* Some solutions to this problem are to not strain while using the toilet. As hard as this may seem, pushing can cause more serious problems like tearing of the soft tissue in the anal area. It would be best to just relax and let your body excrete...



HemroidsHemorrhoidsHemroidBowel

## Easy Treatment Options of Hemroid

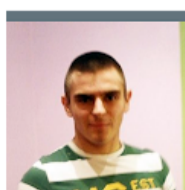
Complete familiarity with Hemorrhoids and it is correct safety measures can help in the prevention of hemorrhoids. Nevertheless, if it occurs, then there are some easy and successful treatments of hemroids:

- Is significant to include additional fiber in your diet and to drink plenty of water each day.
- This will prevent constipation which causes damage to your bowel muscles and make hemroids worse.
- There tend to be foods that tend to aggravate hemroid symptoms.
- The most common are nuts, coffee, alcohol and hot and spicy food.
- If you notice another type of food making your hemorrhoids worse, abstain it for a few days and see if there is any positive result.

Use ice on the location for 10 mins, follow with a warm, moist towel for 20 minutes to provide relief.

*Other hemroids treatmeant involves rubber band ligation, sclerotherapy, infrared coagulation and surgical procedure.*

- Is actually highly recommended that DO NOT IGNORE HEMROIDS In the early STAGES!
- One should ask the doctor and get medication as soon as possible.



“ **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.*

**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.