

# Do You know how to get rid of Hemorrhoids

**A**re you looking for effective ways on how to get rid of **hemorrhoids**? **Piles** or hemorrhoids tend to be masses or clumps of inflamed bloodstream found in the anal or rectal channel. These types of masses may swell, cause pain, shatter, bleed and infect if not treated right away. Hemorrhoids are not only known to be very painful but may also cause burning and extreme itching which could be very embarrassing when you are at work. The pain, burning sensation and itching could possibly be so severe, it can affect a person's daily activities; it can also lead to inability to pay attention to tasks and reduced confidence as you deal with the symptoms in public.



Is important therefore to consult your doctor for the ideal treatment of hemorrhoids once and for all to prevent serious complications. Here are some of the most popular ways on how to get rid of hemorrhoids: Soften stools - you may take stool softeners which may be bought over-the-counter but the ideal way is to eat more soluble fiber in a day. To soften stools and assist move them out of the colon without aggravating hemorrhoids that is advised to increase fluid intake to more than 8 to 10 glasses in a day and to eat more fiber-rich foods (30 to be able to 60 grams a day). Fiber is found in fruits, vegetables, cereals and whole grains.

## Reduce Symptoms

As you wait for stool softeners and fiber to work, severe itching, pain and burning may be relieved with a hot sitz bath. You may purchase a plastic sitz bath which is placed conveniently on top of the toilet seat or you may use an ordinary basin. Fill this with warm water (not too cold and never too hot to burn you) and sit for 15 to 20 minutes allowing the warm water to be able to soak your hemorrhoids. Replace with warm water when needed. Dry the area completely after; you may sit on a hot sitz bath twice to three times a day. Get moving - move around more, avoid a sedentary lifestyle. People who sit around longer due to jobs that require them to do so or people who sits in front of the tv set or a computer monitor all day can develop hemorrhoids or aggravate existing ones.



HemorrhoidsPiles

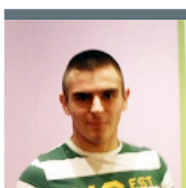
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**Hemorrhoids Home treatment - How to Self Care for Hemorrhoids** First of all, what are hemorrhoids? In a nutshell, hemorrhoids are inflamed and swollen blood vessels located at the lower area of the rectum as well as the anus. Those veins become enlarged because of an increased pressure inside them. That is...

Standing up and exercising reduces stress on the anal as well as arschfick canal; with exercise, your colon is at work also improving your ability to digest and pass out there stools. Exercise and moving can also help reduce weight which may also be a factor in developing hemorrhoids. For pregnant women - pregnancy is one of the leading causes of the development of hemorrhoids in women. Aside from the pressure of the expanding fetus for the anal area, delivery of the baby can split arschfick muscles and blood vessels causing hemorrhoids. It is therefore important to eat a lot more fiber and drink more water when you are with child. Maintaining your weight is also a great way to reduce this problem and may also help maintain your blood pressure until you supply. It's also possible to consult your doctor for the best ways on how to get rid of hemorrhoids during pregnancy.

For more information about the hemorrhoids and most popular treatments, please click [here](#).



“ **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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