

# Get Rid of Hemorrhoids: Hemorrhoid relief with Natural Remedies

**Y**ou want to get rid of **hemorrhoids** you need to know what causes them and what treatments to utilize. Hemorrhoids are caused by constipation and the cure you'll need for hemorrhoids is more than one remedy.



- You have hemorrhoids, then you need to have regular **bowels** When you go into the bathroom, go in there to have a bowel movement.
- Don't take a newspaper, magazine, or book to read because that keeps you in there longer.
- Sitting for long periods on the toilet puts pressure on your rectum and anal veins.
- This long sit will eventually leads to hemorrhoids or worsens the actual hemorrhoids you already have.
- So, you don't want to sit there longer than necessary.
- And definitely, don't strain and push to have a bowel movement.
- This is a sure way to enlarge the hemorrhoids.
- If your stools don't want to come out, here are a few things you can while sitting on the toilet in order to help them to be removed easier.

## Sit-Up Straight and Lean Back Again Slightly

Raise your arms up above you, this stretches and moves your colon place your feet on a small stool to move your knees upward. This takes off some of the pressure felt in your anal area.

## Move the Stomach in and Out to Help Move Your Colon

Move lateral to stretch out and also go your colon.

- You have a job where you have to take a seat all day, get up and walk around every hour or as often as you can.
- If you have an exercise room, do some exercises for a few minutes.
- Doing exercise is necessary if you want to get rid of hemorrhoids
- Hemorrhoids are just like extra skin with blood vessels or inflammation that accumulates around your anus.
- That area can be sensitive or painful to touch or when you are having a bowel movement.

## You Need to Exercise If You Want to Get Rid of Hemorrhoids

A daily quickly walk around a few blocks is the best. Yoga is also very helpful, since it helps to stretch colon and anus muscles, and revive circulation. Any exercise you do will be useful. Another exercise to do is on a rebounder. A rebounder exercises every part of your body and helps in order to force your lymph liquid into the lymph nodes regarding detoxification. This will help you in order to recover from any condition you might have quicker.

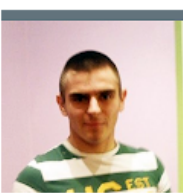
You can do all the things for preventing hemorrhoids and constipation, but if you do not exercise regularly, it will be hard to get rid of hemorrhoids and even constipation. So intend to exercise, it is good for life and not just good for hemorrhoids and constipation.

## The Other Exercise that You can Do is an Anus Exercise

You do this by moving down like if you are going to have a bowel movement and then pull back. Do this for a short while. This will help to build the tissue in that area and to bring new bloodstream to remove the toxins that build up in that area. Yes I know, that is uncomfortable to do, but unless you do some of these exercises, then these hemorrhoids can get worst after a while.

- Keeping regular with easy flowing bowel movements and regular exercise can help you reduce or even prevent hemorrhoids.
- But in order to get rid of hemorrhoids, you will need to make sure you are not constipated.
- Constipation is the cause of hemorrhoids.
- Take a look at some of my other articles that give you information on how to prevent constipation.

To get some good more details on hemorrhoids go here: [Get Rid of Hemorrhoids](#) and if you need more tips on eliminating constipation, go here:



“ **Trey Hinton**

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