

# How To Cure Internal Hemorrhoids Fast - Easy Tips For Effective Treatment

During **bowel** movements, you see streaks of blood and some mucous-lining on your stool that alarms you. It is possible that you are suffering from **internal hemorrhoids** at the early stages. It is better to take precautionary steps on how to **cure internal hemorrhoids** as early as possible to prevent it from becoming a whole lot worse and causing you more pain.



**Hemorrhoids** are swollen veins in the vascular tissue of the anal canal. These tissues help with stool control. Applying an excessive amount of pressure on your pelvic muscles may cause swelling. Such a thing happens when forcing too hard throughout bowel movements or other factors like obesity and pregnancy. During bowel movements, these veins get inflamed which is the reason for the red streaks of blood and mucous-lining on the stool and could get worse if not prevented early on.

## What Brings about Hemorrhoids?

Sedentary lifestyle has been known to causes internal hemorrhoids. A smaller amount exercise, more fat, and more anxiety can develop these little lumps inside the anal canal. It is a common problem in the urban areas as a result of these factors. As such, a lot of stress from work causes high blood pressure as well as conditions that neglect fundamental hygiene can further the swelling until it extends to the anus.

Hemorrhoids are also accounted due to obesity, being pregnant and chronic straining to have a bowel movement during constipation. If the stool is hard, you apply pressure on your pelvic area to push it through the anal canal and this shearing force applied to hemorrhoids may pull this downwards and enlarge them; thus, producing internal hemorrhoids.

## How to Cure Internal Hemorrhoids At Home

Exercise on a regular basis as these will circulate the blood properly in the body. Eat foods that are high in fiber like corn, white beans, pasta, wheat breads, and fresh fruits and vegetables to support the regular excretion of feces and steer clear of constipation.

## The Usual Advice is 20-30 Grams Per Day of Dietary Fiber

Supplemental fiber like methylcellulose, psyllium, or calcium polycarbophil may also be used to increase fiber intake. Drink lots of water or liquid to help in the hydration. Drinking at least eight glasses of water a day can soften the feces so straining during going number 2 won't be a chore.

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Treatments for internal hemorrhoids can also be found in drugstores and pharmacies. You can purchase ointments, creams, gels, foams, pads and also suppositories and use this at home. Insert these using either a finger or **pile** pipe.

Most of these treatments have indicated instructions on its package; however, apply these types of with caution as these different chemicals that may cause further irritation and allergy. It's still best to speak to your doctor about these.

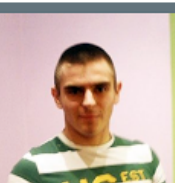


HemorrhoidsInternal HemorrhoidsBowelCure Internal HemorrhoidsHemorrhoids

Case these natural ways on how to cure internal hemorrhoids did not effectively help, there are non-surgical treatments like Sclerotherapy, rubber band ligation, heat coagulation, and cryotherapy.

These methods generally result in further inflammation in the **hemorrhoidal** cells and produce scarring, which in turn shrink it back as it becomes attached to the fundamental muscle of the anal canal. By this, passing stools won't pull down the tissue and cause further inflammation.

Author Bio: Check out [howtocurehemorrhoidsfastathome.com](http://howtocurehemorrhoidsfastathome.com) to discover how to cure internal hemorrhoids and get rid of hemorrhoids using proven natural remedies. Get started immediately.



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Trey is a content marketer at [gold-web-submission.com](http://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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