

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 many ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz shower can actually experience again some of the discomfort and reduce the inflammation.



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 in order to reach the anal area which can help promote healing and also help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water remedy for hemorrhoids.

You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits Over a 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 this warm enough to be comfortable although not too hot. Again, the water must cover your buttocks and hips and it is recommended that you partially lay down instead of sit in the bath to relieve any pressure on the anal region.

You May Also Want to Add Some Aromatherapy Oils to the Water to Help You Relax

Choose your chosen oil but using Lavender, Melissa or Valerian Oil make for a great relaxing bath. Another good choice is adding epsom salts to be able to the water which can be recommended by many practitioners. Epsom salts helps to draw toxins out of the body, reduces swelling and relaxes muscles. As well, epsom salt is also known for helping to relieve inflammation and pain. Epsom salt can be purchased from most drug stores.

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Hemorrhoids cure A lot of people in the world had experienced having piles or hemorrhoids. This illness is caused by the swelling of the veins and blood vessels in the rectum. A number of major causes of this health problem are constipation, weight problems,...



HemorrhoidsInternal HemorrhoidsExternal HemorrhoidsHemorrhoid

- You will want to remain in the bath for about twenty to thirty min's several times a week to promote healing.
- When you get out of the bath you will want to use a clean, cotton towel to dry the area.
- Make sure you don't stroke but pat the region dry with the towel.
- If you love you can also let the area oxygen dry which some practitioners recommend so you aren't causing any stress to the area again.
- You looking for a natural and effective remedy for hemorrhoids?
- What have you got to lose?
- There are techniques that offer natural remedies without painful procedures and side effects that work.
- You will love the results but more importantly you will love how your body feels.

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

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