

## Brief Peek Into the Foods that cause Hemorrhoids

**W**hat are the foods that cause **hemorrhoids**? You may be a healthy eater but you don't have so much control whenever there is a buffet of your favorite foods on the stand. You may begin to worry when you developed the situation which has caused the veins on your anal region to become enlarged and painful. The condition is also referred to as **piles**.



### Aside from Your Diet, There are Other Factors that Lead for a Person to Acquire Piles

These include diarrhea, chronic constipation, obesity, pregnancy, aging and strained **bowel** movements. This can also be caused by sitting on the toilet for an extended period. The problem can be acquired externally or internally. The latter develops within the rectum and also the external type occurs outside the anus.

- Can become quite uncomfortable because you may experience bleeding whenever you are discharging.
- This may also trigger itching, pain and irritability.
- To help yourself from having the condition get virtually any worse, you have to know the kinds of foods that cause hemorrhoids.
- In the event that you still don't have the condition, it is best that you reasonable your intake of the foods out there.
- If you are already suffering from piles, you have to be very careful in taking and eating the next.

**Alcohol.** Too much consumption of alcoholic beverages leads to dehydration. The latter causes constipation. When your body is dehydrated, it also follows that you go through strained bowel movements. If you are still not suffering from piles, it's best that you take control of your alcohol intake, so as to avoid getting this kind of situation. In the event that you already have the condition though, you better stop taking alcohol until you have overcome the swelling and the condition is already healed.

**Salty food.** When you take in foods that have high levels of sodium, this may cause for the blood pressure to rise. If you have, the veins on your rectal area may get swollen and bulge, which may lead to piles. If you cannot avoid eating salty foods, you have to at least try limiting your intake of foods such as potato chips, salted nuts, fries and many more.

*“ Sweets. Anything that consists of too much sugar may also cause the situation. As much as possible, regulate yourself from eating an excessive amount of sweets, such as candies, ice cream, sodas, desserts and many more. Taking in whatever has high amount of refined sugar may cause constipation, which may lead to the development of piles.*

### Foods that are High in Fat Content

What are these? Some samples include beef, pig, sausage and many more. You have to stay away from foods that contain saturated or unhealthy fats. The latter might cause for your stools for being hard, which may cause trouble in eliminating such, for this reason the development of piles.

- There are still so much to be able to learn about foods that cause hemorrhoids.
- The problem can be fixed for as long as you do your share of keeping yourself healthy by staying away from the factors that may aggravate such.



HemorrhoidsPilesBowel

The complete nutritional guideline for hemorrhoids can be accessed by visiting <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish check out <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Visit <Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com>

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

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