

Hemorrhoid Tips That Everyone Should be Reading

To reduce the pain and swelling associated with hemorrhoids, you should soak in warm water. To do this, you need to fill a bathtub with six to 12 inches of warm water. After your tub is filled, sit in the water with your knees elevated. Doing this several times a day will increase the results. The warm water can improve the blood flow to the area.

You could have hemorrhoids, apply any kind of brand of petroleum jelly directly on the affected area. This will help to ease the passing of any hard stools, and avoid causing further injury. Apply the jelly right before you feel the need to use the bathroom, and do this every time until your **hemorrhoid** is fully healed.

Vitamin B is a great remedy you can use to help treat your **hemorrhoids**. Unlike additional vitamins which you would take orally, you should apply vitamin b (crushed energy or liquid) directly to the particular infected area in your anus. This could help you to be able to significantly reduce the size of your hemorrhoids.

You are Dealing With Hemorrhoids, Water is Going to be One of Your New Best Friends

Water is, of course, good for all sorts of things, but it is especially helpful in keeping **bowel** contents oiled and soft. Aim to drink at least eight eight-ounce glasses of water per day.



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A Natural Way to Alleviate Hemorrhoids Pain Some solutions to this problem are to not strain while using the toilet. As hard as this may seem, pushing can cause more serious problems like tearing of the soft tissue in the anal area. It would be best to just relax and let your body excrete...

Eat a Diet Rich in Omega-3 Efas

These fatty acids increase the body's immune system. They can help prevent infection, irritation, swelling, and pain. They are natural sickness fighters that work with your body to prevent foreign invasions and also keep your blood rich and healthy. They also strengthen blood vessels.



HemorrhoidsHemorrhoidBowelExternal Hemorrhoids

One of the Most Common Causes of Hemorrhoid Formation is Chronic Bouts of Constipation

Preventing constipation and encouraging more regular bowel movements can go a long way in avoiding both internal and **external hemorrhoids**. Try to find natural constipation remedies, such as aloe vera juice. Aloe vera may also be taken in gel or capsule form.

- To wrap it up, hemorrhoids are not a fun thing, either in order to talk about or to experience, first hand.
- You have come across the best reference possible for treating your own ailment.
- Hopefully, everything that we all laid out for you, will help you or any person that you know, to be able to take care of this condition.

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