

# Hemorrhoids and enlarged rectal veins

**H**emorrhoids, in the rectum, occur when the veins are not returning enough blood back to the heart. When this happens, the vein walls do not receive enough oxygen and release a substance into the bloodstream that causes them swell and become inflamed. This kind of inflammation weakens them as well as their more likely to break when they are rubbed, such as during a *bowel* movement.

## The Stools are Hard, You Have a Higher Chance of Breaking a Swelling Vein

For this reason getting your stools softer is one step in clearing your **hemorrhoids**. You can do this by eating a diet and using cures that help relieve constipation. Hemorrhoids, which are enlarged or swelling can exist,

On the inside just above the muscle that closes the anus and into to the rectum. They are near the top of the **rectum mucus** membrane On the outside, they happen on the skin that surround the anus and protrude or hang outward.

- A way, **hemorrhoids** can be considered varicose veins of the rectum.
- Just like varicose veins in the hip and legs, the rectum veins become enlarged and come to the skin and bulge out.
- Hemorrhoids occur when you are constipated for very long periods, sit for long hours, lift heavy items, or are pregnant.

## You're Constipated, You May be Having a Awkward Time Having a Bowel Movement

And when you do, your own stools are often small, hard, and dry. If you have to push and strain or sit on the toilet for 10-15 min's, then expect to have hemorrhoids at some point. Two to three minutes is all you normally need to have a natural bowel movement.

## Over 85% of the Population Has Hemorrhoids

Hemorrhoids tend to be a sign that fecal matter is not passing through your colon like it should. Simple hemorrhoids are not dangerous to your wellbeing, but hemorrhoids that have been building for a while can cause a person some soreness, such as, Mucus discharge.

Bleeding showing up in your stools or dripping into the bathroom water Itching on the outside of the rectum Pain in the rectum area and during a bowel movements Soreness in the rectum area, when you sit Soft bulging area in the rectum or perhaps anus that give you a sensation that something is actually there.

*See your doctor if your hemorrhoids are painful, have excess bleeding, or stools have change in color from medium brown to dark brown or black.*

- Just be aware of any growth in the rectum, bleeding during a bowel movement, and a change in your stools color.
- Then take action in order to take care of these changes.

Rudy Silva has a Physics degree from the University of San JoseCalifornia and is a natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook called 'How to Relieve Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid cures at this site.<http://www.hemorrhoid-remedies.for--you.info>.

About the author:Rudy Silva has a Physics degree from the University of San JoseCalifornia and it is a Natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he's written an ebook known as 'How to ease Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more **hemorrhoid remedies** at this site.<http://www.hemorrhoid-remedies.for--you.info>.



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