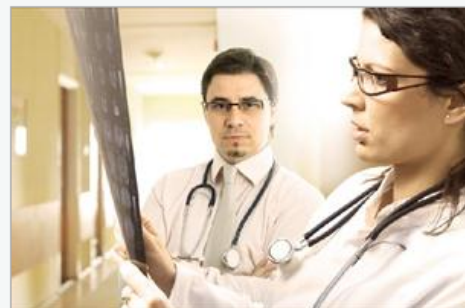


# Hemroids Treatment And Hemorrhoid Causes-How To prevent And Treat Piles

**M**ost of us will experience hemorrhoid/hemroid symptoms in various degrees sooner or later in our lives. This ailment affects above 50% of people above the age of 50 years, it is quite common. However for most people that are affected by this disease, the nature of the disease makes them too embarrassed to discuss readily about their ailment, but since this disease is very common we should try to understand the causes and treatment of the disease. (Click here to download a free course that clarifies the real underlying causes of **hemorrhoids** within detail)



## What Leads to Hemroids?

The major well known underlying factor at the rear of **hemorrhoids** is constipation. A normal well functioning alimentary system ought to make sure we move our own **bowels** at least once every day or perhaps at the most every two days. In case your frequency of going number 2 is less than this then you are suffering from some degree of constipation.

Constipation is caused by accumulation of hard feces in the intestines making the feces hard to pass. These hard stools gradually build up in the colon. Any time you feel pressed and you go to the toilet to pass out these hard bar stools you have to strain tough to push them out, this particular excessive straining causes extra pressure to be generated which is then transmitted into the veins of the rectum and anus leading to the expansion of these veins.

This abnormal expansion helps make the veins to be able to swell up and become inflamed thus leading to the onset of **hemroid** symptoms. (To learn 9 sure fire ways to maintain a proper alimentary system click here)

## How are Hemroids Treated?

The treatment of hemorrhoids can be carried out via two different approaches:

- First approach: The first and the most widely used approach is to target mainly the symptoms of hemorrhoids.
- This is achieved by the use of creams, ointments, suppositories, sitz bath and pain reliving drugs.
- These items are easily accessible at local drug stores as over- the counter medications.
- This approach only locates the signs.



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Examples of these creams and ointments include vitamin e lotion, witch hazel, and also natural aloevera. These products are very good at alleviating the symptoms of hemorrhoids briefly. (Click here to be able to learn how to cure hemorrhoids permanently).

## Second Approach: this Second Approach is a More Effective Approach

It targets the real root causes of the disease aiming with regard to a more permanent resolution of the ailment. This approach helps to prevent reoccurrence of symptoms. This approach involves the use of holistic natural treatment that will cure the particular ailment and also prevent flaring up in the future. Lifestyle adjustments particularly in the type of foods that make up your usual diet plan must be made. The consumption of processed meals like pastry based foods should be discouraged; more of natural high fiber foods ought to form the major part of what we eat. The consumption of vegetables and fruits ought to be seriously encouraged. (Click the links inside the last paragraph below in order to understand 5 vegetables and fruits that if taken just once weekly will ensure that you never get constipated again!)

Other lifestyle adjustments involving sitting postures, exercise and activity and so on should be made. There also certain herbs and root extracts that act naturally on the body to shrink the swollen **hemorrhoidal** veins permanently.

- You Can Get Rid Of Hemorrhoids Completely By Using This 100% Safe Natural Remedy.
- It Begins Working IMMEDIATELY After Use.
- Click here To Download A Free Hemorrhoid Course.

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