

# Hemorrhoid Cure Information

By Hemorrhoids Miracle

<http://thefirstgood.com/hemormiracle>



A hemorrhoid are really just swollen blood vessels and other tissues that are located in the anal canal. If someone is experiencing sudden pain in the anal area, bloody stools, and some itchiness, they may be suffering from hemorrhoids.

## Two types of hemorrhoids exist:

**Internal hemorrhoids** – If the hemorrhoid has developed within the anal canal, and is not visible at all, it is called an internal hemorrhoid. It is also possible for an internal hemorrhoid to protrude from the anus.

Itchiness often occurs when hemorrhoids protrude from the anal canal and this protrusion may irritate surrounding tissues (and the protrusion may become irritated as well).

**External hemorrhoids** - If a person has an external hemorrhoid, it may be very difficult to cleanse the affected area, and if the hemorrhoid is agitated during the cleansing, bright blood may appear. You can often feel these external hemorrhoids when wiping and the pain may get worse after each use of the bathroom, as the hemorrhoid becomes more and more inflamed.

Fresh blood or itching is often the first sign of hemorrhoids.

There are some reasons that a **person may be more predispose to getting hemorrhoids.**

1.) **Irregular Bowel Movement** – For example, if you eat something that makes your stomach unstable, the repeated visits to the bathroom may cause your anal/rectal tissue to

swell. If you are constipated because of a poor diet, the excessive straining can also cause hemorrhoids, because you have to strain and push to help remove your feces.

2.) **After the third month of pregnancy** – The increased risk for internal and external hemorrhoids is due to the fact that as a fetus grows in size, its immediate environment (the amniotic sac) also expands. This increases the pressure in the pelvic region. If pressure increases in the pelvic region or rectal region, hemorrhoids can suddenly manifest, even if a person has never experienced hemorrhoids before.

If a woman develops hemorrhoids while she is pregnant, and she undergoes normal delivery after nine months, the straining needed to eject the child through the birth canal may also worsen the condition.

3.) **Overweight or obese** – Research has shown that overweight individuals are usually more likely to develop hemorrhoids than those who are at a normal weight.

Visit your doctor if you suspect that you have hemorrhoids. The presence of blood and mucus on your stool are enough to warrant a visit to the doctor. **Do not wait**; even though it can be embarrassing, it's nothing your doctor hasn't seen before. The sooner you can be checked out by your doctor, the faster you can be **cured of the painful hemorrhoids**.

### Possible treatments for hemorrhoids:



If your hemorrhoids are not severe at all, your doctor may prescribe a drug that helps repair and strengthen blood vessels. If you have numerous hemorrhoids that are affecting your quality of life, you can ask your doctor about removing the hemorrhoids through minor surgery.

Preventing hemorrhoids is still the best route, so if you had hemorrhoids in the past, and they resolved on their own, you can prevent them from coming back.

Keep a journal of your daily activities. Are you getting enough exercise? If you are sitting around most of the time, you may be putting yourself at risk for more hemorrhoids in the future. Engage in at least **1 – 2 hours of vigorous physical activity** every week to keep your digestive and circulatory system healthy.

Also journal your diet and see if you are getting enough fiber every day. Help **increase your overall fiber** from food by eating whole foods, such as quinoa and brown rice. Eating green vegetables also helps.

Being gentle when cleaning so that you can avoid irritating the delicate anal region.

This is a short report, to know more about hemorrhoids natural remedies, click on the links below, to find the top hemorrhoids natural remedies products:

- [Hemorrhoid Miracle](#)
- [Destroy Hemorrhoids In 3 Simple Steps!](#)
- [Hemorrhoids Vanished](#)
- [Hemorrhoids Saviour](#)
- [Hemorrhoid No More](#)