

# Hemorrhoids Making Your life A Living Hell? Try These Ideas!

**T**he best way to avoid the pain of **hemorrhoids** is to keep the anus and the area surrounding the anus meticulously clean. This will help keep the hemorrhoids from becoming infected and ease any discomfort. If the hemorrhoids have a bacterial infection, this can lead to a great abscess in the area that is very harmful and painful.

## One of the Easiest Ways to Prevent Hemorrhoids is to Add Fiber to Your Diet

Constipation is one of the causes of hemorrhoids and the addition of fiber to your diet can help your intestines more easily pass the food through them. Brand and many fruits and vegetables are usually high in fiber.

- Are hemorrhoids getting the best of you and your mood?
- Take several baths through out the day, if you can.
- Do not add anything to the baths.
- Make certain they are not too hot!
- Don't worry; you can't take way too many baths!
- The water should be just about two or three inches high.
- Soak the bottom for at least 10 minutes at a time.
- Take a day away from of work to do this; if you have to, it can be well worth the effort!

## Do Not Use So Much Salt in Your Meals

Try to avoid adding salt to any cooked foods. Salt causes your body to be able to swell, which includes any hemorrhoids you may have. Too much salt also brings about high blood pressure. Try and year your foods with spices and low-sodium marinades if you rely on salt for flavor.

## Hemorrhoids can be Surprisingly Painful for Such an Invisible Issue

One of the best ways to prevent this is to drink lots of water. Proper hydration ensures that your stool will be gentle, and if it is soft, you will not have to tension as hard in the course of defecation. Drink at least 6 cups of water a day.

- Sitting for long periods at work can increase the bothersome symptoms of hemorrhoids.
- Be sure to get up and walk around frequently to relieve pressure.
- And remember to avoid activities that can worsen your symptoms, such as sitting too long on the toilet and heavy lifting.
- As noted in the beginning of the article, most hemorrhoids do not require medical treatment and can be treated by yourself.
- Rare cases might require a heat therapy, and surgery is only for the most severe cases which do not respond to other treatment.
- This article can be instrumental in learning how to treat hemorrhoids.



“ **Sandra R. Boyes**

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