

# Hemorrhoids - what do i need to do?

There are many unpleasant symptoms and diseases associated with constipation. **Hemorrhoids** is one such symptom and several doctor or perhaps practitioners say, 'its not a serious condition.' As a natural nutritional consultant, I say, 'Hemorrhoids is a condition you need to deal with or better yet eliminate.'



- You need to listen to all symptoms you have to decide if you want to take some action to correct the cause.
- Some times just acknowledging a simple symptom is enough for symptom and the cause to be able to disappear.
- Hemorrhoids, whether easy or even severe, are telling you there is something wrong somewhere and 'I hope you take care of that before it get worse'
- Taking care of **hemorrhoids** or hemorrhoid symptoms is the first thing you should take care of.
- Then, you want to concentrate your effort on the cause of these hemorrhoids.
- In this way you can help to eliminate your hemorrhoids and prevent them from coming back.
- The first signs of hemorrhoids are when you need to be able to take action.
- Don't wait until your hemorrhoids get large, provide you with pain, start bleeding, or protrude


## The First Question You Should Ask about Hemorrhoids is What Caused Them.

What causes hemorrhoids?

### Is Always the Cause of an Illness that You Try to Eliminate

Doctors don't always have the time in order to know what the cause is so they will treat the symptom to get rid of it. The result is that your illness will come back or the symptom will be restored or appear as a different symptom.

Hemorrhoids are cause by excess pressure in the rectal problematic veins and the veins in the surrounding area.

“  **Top Hemroid Treatment for the Overweight** If you are overweight it is more likely you will be getting soon hemorrhoids or you may already have them. If your case is the latter, you may have already discovered the pain of having them. But take it easy, Hemroid treatment does exists and there...

### There are Many Causes of Hemorrhoids that Constipation is a Major Cause

By first using some natural **hemorrhoid remedies** that I will discuss in future articles, you are able to eliminate or diminish your hemorrhoids. Then by using some natural remedies for constipation, you are able to prevent hemorrhoids from coming back.


- Using natural remedies for treating your hemorrhoids is the best way to deal with this condition.
- In their book, NaturalPrescriptions, 1994, Robert M.
- Giller, M.D. and also Kathy Matthews, offers you their opinion of drugstore medications,

### You are Suffering from Hemorrhoids Right Now, You Want Immediate Relief

What about all those over-the-counter remedies? Just last year the FDA clamped down on the manufacturers of these products, and some of them are being removed from the market because they've never been proven to be effective. Some other need to limit their statements. Those that claim to shrink tissues need to carry a warning because people with diabetes or heart disease, for example, shouldn't have used them. In the final analysis, while you may get some temporary relief from these products, you could do as well through the use of zinc oxide, petroleum jello, or witch hazel, which are just as effective and also far cheaper.'

Rudy Silva has a Physics degree from your College of San JoseCalifornia and it is a natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook called 'How to relieve Your own 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>.

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Sandra is a leading writer at [uti-remedies.info](http://uti-remedies.info), a site about alternative medicine. Last year, Sandra worked as a consultant for a well-known news startup. When she's not scouting for web content, Sandra enjoys cycling and surfing.

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