



## Contents

Introduction .....	2
Critical Facts About Hemorrhoids.....	3
Causes of Hemorrhoids .....	5
Simple Home Remedies to Treat Hemorrhoids .....	7
Conclusion .....	9

### Introduction

Are you experiencing painful and swollen tissues in the lower portion of your rectum or anus? Or do you have symptoms such as pain at your anal especially when sitting, itching at your anal, pain and/or bright red blood during bowel movements, and hard tender lumps near your anus? If so, then you may have hemorrhoids.

Although many may find it embarrassing to talk about hemorrhoids, you should not avoid seeking treatment for it as failing to cure it may lead to chronic health problems and even surgery. Moreover, there are things you can do to prevent it from happening so you should definitely research more about them.

It is important that you find out the cause of your hemorrhoids so that you will be able to take the appropriate measures targeting the cause in order to prevent it from happening again. So, if you are suffering from hemorrhoids or if you think you may have hemorrhoids, then continue reading to learn more about hemorrhoids, its causes and how to target them to prevent the reoccurrence of hemorrhoids, and the common home remedies that you use to treat hemorrhoids.

### Critical Facts About Hemorrhoids

It is important for every person to know more about hemorrhoids, because about 80 percent of people all around the world encounter it for at least once in their life. In other words, almost anyone is prone to it and they actually happen in both young and old individuals.

Hemorrhoids is also referred to by many as piles, which are swollen tissues that contain veins, surrounding the wall of the anus and rectum. Their main function is to cushion the impact of the fecal matter, which usually passes through the anus and rectum. There are times when they get irritated or swollen, which can become painful at times, especially when small blood clots or minor bleeding is observed. This happens when the hemorrhoids become weak, and they get enlarged, in which they can come free from the part that supports them, which could make them look and feel like bulges that are present in the area of the anus.

Many people are embarrassed to talk about hemorrhoids, which should not be the case. This is because avoiding it could prevent a person from seeking proper medical attention for it. Although they are mostly just painful and annoying, which usually does not bring about any kind of serious medical situation, failing to take proper measures to cure it immediately could eventually lead to chronic health problems and could even require surgery.

In general, there are two types of hemorrhoids, namely internal and external. Internal hemorrhoids usually do not cause pain, as the tissues involved in it do not have sensory nerves. However, they are graded depending on the severity of the condition.

Grade 1 - In this case, the internal hemorrhoids do not cause any pain, but may cause internal bleeding from time to time, especially after bowel movement. Protrusion is usually not observed for Grade 1 hemorrhoids.

Grade 2 - Grade 2 hemorrhoids is pretty much the same as the previous one, but protrusion is already present at this stage. Protrusion usually occurs during bowel movement, but the hemorrhoids will automatically get back to its place after the activity.

Grade 3 - Grade 3 hemorrhoids is quite the same as Grade 2; the only difference is that, at this point, you will have to put back the hemorrhoids back to its place manually.

Grade 4 - This is the stage that you don't want to go through, since it involves the constant protrusion of hemorrhoids. At this point, the hemorrhoids can become quite painful, and it can fall out of its place again, after placing it back manually.

These are the things that you need to know about hemorrhoids. Keep in mind that some of the causes of this condition would include constant diarrhea, constipation, prolonged sitting, anal intercourse, poor diet, and many more. There are lots of remedies that can cure hemorrhoids and it is best that you become more familiar about them soon.

### Causes of Hemorrhoids

Swollen hemorrhoids whether internal or external are something that you don't want to experience time and time again. Thus, it is best that you know what to do to prevent it. One of the best ways to avoid going through the inconveniences of hemorrhoids is to become more familiar of its causes. By doing that, all you got to do is to come up with a plan based on its causes, in order to live a better life that is free from hemorrhoids.

One of the main causes of hemorrhoids is age. This is because as a person ages, the cells in his body loses certain levels of elasticity, which can eventually lead to hemorrhoids. It should be noted that, even when older people are more prone to hemorrhoids, there are also things that they can do to prevent it. One of which is to maintain their health by eating a proper diet and getting enough exercise on a regular basis. By doing that, it will ensure that their cells are healthy enough to prevent hemorrhoids.

A low fiber diet can also lead to hemorrhoids. This is because fiber facilitates regular bowel movement, which simply means that if you don't have good amounts of fiber in your diet, it will eventually lead to constipation. Constipation is actually considered as the top reason that causes a person to have hemorrhoids. This is because it can put the veins and tissues around the anus and rectum under a lot of pressure, which can eventually cause it to swell. Thus, the lack of fiber will lead to hemorrhoids because of constipation.

You need to keep in mind though that when you increase the amount of fiber in your diet, you also need to increase your water intake. This is because your body will need water to pass fiber.

Therefore, without enough water, it can also cause your constipation to get worse. Water can actually help a lot in preventing hemorrhoids; thus, it is important that you drink at least 8 glasses of water each day, whether you eat more fiber or not.

There are also certain day-to-day practices that can cause hemorrhoids, and one of which is sitting on your chair for long periods of time. Since many people are now working in offices where they sit in front of their computers for the whole day, more and more of them also get affected with hemorrhoids. This is because sitting can cause a lot of pressure in the lower region of your body, for the fact that your whole body weight will be resting on it.

These are the common causes of hemorrhoids that you need to become more aware of. If you go through them again, you will realize that the best way to prevent it is to live a healthier life. Thus, it is time to make some changes in your lifestyle, so that you will not just prevent hemorrhoids, but also other types of diseases.

### Simple Home Remedies to Treat Hemorrhoids

There are many people, all around the world, who have to deal with the many annoying symptoms of internal and external hemorrhoids. If you are one of them, then it is best that you get to know a number of remedies that you can apply right in the comforts of your own home, so that you will no longer have to deal with them permanently. Natural home remedies are actually very effective in treating hemorrhoids. This is because such remedies make use of natural substances that work against the condition, unlike certain products that are made out of chemicals, which only attack the symptoms and not the real culprit behind it.

With that, some of the simple home remedies that you can use to treat hemorrhoids are found below:

1. Witch Hazel - When you have hemorrhoids, the veins around your anus and rectum will swell. Witch Hazel provides relief by reducing the swelling of the veins, which is why a lot of people are making use of it today. All you have to do is to make use of a cotton ball and apply Witch Hazel directly onto the hemorrhoid around 3 times a day.
2. Warm Bath - If you need a quick relief from the annoying symptoms of hemorrhoids, which can include itchiness and pain, then you will need a warm bath. You can actually do this just before applying Witch Hazel. Warm water will actually do wonders in alleviating the itchiness that you will feel with hemorrhoids. Aside from that, it will also help in making the swelling subside. Just make sure that you don't mix in any kind of



bathing products to the water that you would be soaking yourself in, and that it is perfectly clean.

3. Water - Aside from providing you a way to soothe the symptoms of hemorrhoids through a warm bath, drinking at least 8 glasses of water can also help in preventing it. This is because it will facilitate good bowel movement; thus, preventing constipation, which is considered as the most common reason why people experience hemorrhoids.
4. Garlic - Garlic actually has a lot of healthy properties that can be used to cure certain types of ailments, which include hemorrhoids. One of the ways to use it is to boil about 2 cloves of garlic with two glasses of water for about 30 minutes. Give the mixture around 10 to 20 minutes to cool off, before applying it directly on the areas affected. You can also make use of garlic by including it in your diet. Just increase your intake of it, by using it to flavor your food so that it will work its way from the inside.

These are the common home remedies that can help you get rid of hemorrhoids. Keep in mind though that these treatments are intended for hemorrhoids that are still at the earlier stages. If pain is constantly felt coupled by bleeding and protrusion, it is best to approach your doctor, so that proper medication is applied before it progresses to a more serious condition.

### Conclusion

After reading this report, you should now have a better understanding about hemorrhoids such as what it is, what are its different grades, what are its symptoms, what causes it, ways to prevent it, and natural home remedies you can use to treat it. As such, you should be in a better position to prevent and cure hemorrhoids.

Furthermore, you should not feel embarrassed to talk about your condition with your doctor so that you can get it treated as soon as possible. Also, always remember that it is always important to lead a healthy lifestyle as it is usually the best way to prevent hemorrhoids and most types of diseases.

Therefore, if you have hemorrhoids, keep in mind the tips mentioned in this report and start working to prevent and cure them. One day, you will be able to get better and not suffer the discomforts related with hemorrhoids anymore!