

A Pain in the Butt - Hemorrhoids

What are **hemorrhoids** and what do I have to do to relieve the discomfort? They are also known as **piles** and they are caused from too much pressure on the anal veins that can result in either external or **internal hemorrhoids**.



- Internal **hemorrhoids** have no lump outside the anal area that can be seen.
- While **external hemorrhoids** can be easier to see they can also be the most painful.
- There are many people in the world who are afflicted by hemorrhoids and mostly exist in people over the age of fifty.
- There are many ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz shower can actually experience again some of the discomfort and reduce the inflammation.

“ *What is a sitz bath? It's really a bath where you sit in warm water that covers your own buttocks and hips. The idea is that sitting in the warm water will help more blood to reach the anal area which can help promote healing and also help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water treatment for hemorrhoids.*

You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits Over a Toilet

Nonetheless, using your bath tub is probably the simplest way to have a sitz bath. Fill up your bath with warm water. You want that warm enough to be comfortable but not too hot. Again, the water must cover your buttocks and hips and it is recommended that you partially sleep the night as opposed to sit in the bath to relieve any pressure on the anal region.

You May Also Want to Add Some Aromatherapy Oils to the Water to Help You Relax

Choose your chosen oil but using Lavender, Melissa or Valerian Oil make for a great relaxing bath. Another good choice is adding epsom salts in order to the water which can be recommended by many practitioners. Epsom salts helps to draw toxins out of the body, reduces swelling and relaxes muscles. Too, epsom salt is also known for helping to relieve inflammation and pain. Epsom salts can be purchased from most drug stores.

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Get Rid of The Hemorrhoids With These Simple Tips In order to prevent hemorrhoids from beginning, be sure to get as much exercise as you can and avoid sitting for an extended period of time. By sitting on your rear end for too long, you are putting pressure on the veins in your anus that can cause...



HemorrhoidsInternal HemorrhoidsExternal HemorrhoidsHemorrhoid

- You will want to remain in the bath for about twenty to thirty minutes several times a week to promote healing.
- When you get out of the bath you will want to work with a clean, cotton towel to dry the area.
- Make sure you don't stroke but pat the area dry with the towel.
- If you love you can also let the area oxygen dry which some practitioners recommend so you aren't causing any hardship in order to the area again.
- You looking for a natural and efficient remedy for hemorrhoids?
- What have you got to lose?
- There are techniques that offer natural remedies without painful procedures and side effects that work.
- You will adore the results but more importantly you will love how your body feels.

For more information on treatments for hemorrhoids, click here for [Tips for Hemorrhoid Settlement](#).

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