

## Brief Peek Into the Foods that cause Hemorrhoids

**W**hat are the foods that cause **hemorrhoids**? You may be a healthy eater but you don't have so much control whenever there is a buffet of your favorite foods on the stand. You may begin to worry when you developed the situation which has caused the veins on your anal region to become enlarged and painful. The condition is also referred to as **piles**.



### Aside from Your Diet, There are Other Factors that Lead for a Person to Acquire Piles

These include diarrhea, chronic constipation, obesity, pregnancy, aging and strained **bowel** movements. This can also be caused by sitting on the toilet for an extended period. The problem can be acquired externally or internally. The latter develops in the rectum and also the external type occurs outside the anus.

- Can become quite uncomfortable because you may experience bleeding whenever you are discharging.
- This may also cause itching, pain and discomfort.
- To help yourself from having the condition get any kind of even worse, you have to know the kinds of foods that cause hemorrhoids.
- When you still don't have the condition, it is best that you reasonable your intake of the foods on the list.
- If you are already suffering from piles, you have to be very careful in taking and eating this.

**Alcohol.** An excessive amount of consumption of alcoholic beverages leads to dehydration. The latter causes constipation. When your body is dehydrated, additionally, it follows that you go through strained bowels. If you are still not suffering from piles, it's a good idea that you overcome your alcohol intake, so as to avoid getting this kind of situation. If you already have the condition though, you better stop taking alcohol until you have overcome the swelling and the condition is already healed.

**Salty food.** When you take in foods that have high levels of sodium, this may cause to your blood pressure to rise. If you have, the veins on your rectal area may get swollen and bulge, which may lead to piles. If you cannot avoid eating salty foods, you have to at least try limiting your intake of foods such as potato chips, salted nuts, fries and many more.

**Sweets.** Anything that contains an excessive amount of sugar may also cause the situation. As much as possible, regulate yourself from eating an excessive amount of sweets, such as candies, ice cream, sodas, desserts and many more. Taking in anything that has high amount of refined sugar may cause constipation, which may lead to the development of piles.

### Foods that are High in Fat Content

What are these? Some samples include beef, pork, sausage and many more. You have to stay away from foods that contain saturated or unhealthy fats. The latter might cause for the stools for being hard, which may cause trouble in eliminating such, for this reason the development of piles.



*Things To look for To know If You Need A Doctor's Help For Your Hemorrhoids* You may feel like you have to go to the doctor when hemorrhoids first attack you. You can expect an exam as well as suggestions for treatment. They typically do not require prescription medications. Read these tips to learn how to handle the...

There are still so much to be able to learn about foods that cause hemorrhoids. The situation can be resolved for as long as you do your share of keeping yourself healthful by staying away from the factors that may intensify such.

The complete nutritional guideline for hemorrhoids can be accessed by visiting <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish go to <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

**For German Check Out [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)**

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

For Additional languages visit <http://how-to-treat-hemorrhoids-at-home.blogspot.com>.

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