

## Fruits, juices, and food for relieving hemorrhoids part II

Eating the right kind of food and following good eating habits will speed up your healing of your **hemorrhoids**. For those who have a diet that is hard to digest and moves slowly through your colon, then, have a constipation which will encourage formation of **hemorrhoids** or even prevent the their healing.



### Here are Some Foods that Will Assist Give You Relief from Hemorrhoids

Use the following foods to help reduce hemorrhoid bleeding:

Alfalfa ' Dark green leafy vegetables ' Blackstrap molasses 'Flax seeds ' are high in omega-3 oils, which reduce inflammation and pain. They are also high in fiber. ' Lima and butter espresso beans are usually high in iron, which help to build more blood. When you have bleeding hemorrhoids, adding lima beans to your diet plan would be a good choice. ' Sweet potatoes provide fiber, B vitamins, iron, potassium as well as a great many other vitamins and minerals. This is a good body building food.

“ After trying different hemorrhoid treatments listed here for up to two 1 week plus your hemorrhoids do not have shrunk or go away, you might consider seeing a doctor. You need to find out if your hemorrhoids exist as a result of more serious medical condition.

See your doctor right away if you have a lot of anal bleeding, a lot of blood in your stools, heavy pain, or fecal incontinence.

### Ginger, Garlic Herb, and Onion

Add these types of three herbs ' ginger, garlic, onions - in order to your diet. Each one of these helps to break down fibrin. As I mentioned before excess fibrin creates inflammation and blood congestion by trying to repair arteries and veins.

### Iron Foods

Here are usually the foods that contain iron to help you build up your blood or to keep iron in reserve, if you ever need it.

Chicken liver, steamed crab ' Beef liver ' kelp ' Prunes 'Dried apricots ' Blackstrap molasses ' Spinach ' Sunflower seedsPistachios ' Cashews, almonds, sesame seeds ' Baked potatoes 'Cooked Swiss chard ' Lima beans, ' Raisins ' Cooked broccoli 'Tuna

- At every meal, use olive oil, flax seed oil, and apple cider vinegar in your salad.
- In your sauces or perhaps other foods dishes where it's appropriate, use olive and flax seed oil.

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*Get Rid of Hemorrhoids with H-Miracle Hemorrhoid is one of the most common problems that people around the world come across. The problem can be traced to insufficient fiber content in the body as well as intense pushing during bowel movement by the body processes. The inflammation of...*

- At the end of each meal get your capsule of fish oil.
- Fish oil is probably one of the most important oils to use daily.
- Read other articles I have written on fish oil..

### Salads

Eat plenty of salads with raw veggie. Vegetables and fruits which you heated destroy their own natural enzymes and change calcium in to an inorganic type. An individual body can't process this inorganic form of calcium.

- This extra inorganic calcium moves in to body areas that are sluggish as well as precipitates in these areas causing inflammation and disease.
- One area that can migrate to be able to is the rear end where it activates the formation of hemorrhoids.

So eat plenty of raw vegetable spread with apple cider vinegar, flaxseed oil, and olive oil.

- There you have it.
- Plenty of food remedies that can give you temporary relief, reduce bleeding, reduce swelling, get rid of itching, and cure your hemorrhoids.

Rudy Silva has a Physics level from the University of San JoseCalifornia and it is a Natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook referred to as 'How to alleviate Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more **hemorrhoid remedies** here.<http://www.hemorrhoid-remedies.for--you.info>.

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