

# How To Cure Internal Hemorrhoids Fast - Easy Tips For Effective Treatment

**D**uring **bowel** movements, you see streaks of blood and some mucous-lining on your stool that alarms you. It is possible that you are suffering from **internal hemorrhoids** at the early stages. It is better to take precautionary steps on how to **cure internal hemorrhoids** as early as possible to prevent it from becoming even worse and causing you more pain.



**Hemorrhoids** are swollen veins in the vascular tissue of the anal canal. These tissues help with stool control. Applying a lot of pressure on your pelvic muscles may cause swelling. Such a thing happens when forcing too hard in the course of bowel movements or other factors like obesity and being pregnant. During bowel movements, these veins get inflamed which is the reason for the red streaks of blood and mucous-lining on the stool and could get worse if not prevented early on.

## What Leads to Hemorrhoids?

Sedentary lifestyle has been known to causes internal hemorrhoids. Less exercise, a lot more fat, and more tension can develop these little **piles** inside the anal canal. It is a common problem in the urban areas due to these factors. As such, a lot of stress from work causes high blood pressure and also conditions that neglect simple hygiene can further the swelling until it extends to the anus.

Hemorrhoids are also accounted due to obesity, being pregnant and chronic straining to have a bowel movement in the course of constipation. If the stool is hard, you apply pressure on your pelvic area to push it through the anal canal and this shearing force applied to hemorrhoids may pull this downwards and enlarge them; thus, producing internal hemorrhoids.

## How to Cure Internal Hemorrhoids At Home

Exercise regularly as these will circulate the blood properly in the body. Eat foods that are high in fiber like corn, white beans, pasta, wheat loaf of bread, and fresh fruits and vegetables to support the regular excretion of feces and avoid constipation.

## The Usual Recommendation is 20-30 Grams Per Day of Soluble Fiber

Supplemental fiber like methylcellulose, psyllium, or calcium polycarbophil may also be used to increase fiber intake. Drink lots of water or liquid to help in the hydration. Drinking at least eight glasses of water a day can soften the feces so straining during bowel movements won't be a chore.



HemorrhoidsInternal HemorrhoidsBowelCure Internal HemorrhoidsHemorrhoids

## Medical Treatment Options in Order to **Cure Piles**

Treatments for internal hemorrhoids are also available in drugstores and pharmacies. You can purchase creams, gels, foams, pads and also suppositories and use this in the home. Insert these using either a finger or **pile** pipe.

Most of these treatments have indicated instructions on its package; however, apply these types of with extreme caution as these different chemicals that may cause further irritation and allergy. It's still best to talk to your doctor about these.

Case these natural ways on how to cure internal hemorrhoids did not effectively help, you will find non-surgical remedies like Sclerotherapy, rubber band ligation, heat coagulation, and also cryotherapy.

These methods generally result in further inflammation in the **hemorrhoidal** cells and produce scarring, which in turn shrink it back as it becomes attached to the underlying muscle of the anal canal. By this, passing stools will not pull down the tissue and cause further inflammation.

Author Bio: Check out [howtocurehemorrhoidsfastathome.com](http://howtocurehemorrhoidsfastathome.com) to be able to discover how to cure internal hemorrhoids and get rid of hemorrhoids using proven natural remedies. Get started immediately.

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