

# Quick Relief for Bleeding Hemorrhoids

**H**emorrhoids can be internal or external and both kinds can ooze fresh red blood. If you have bleeding hemorrhoids you may see bright red blood in your stools, on your mouthwash or in the toilet basin.

## Order to Prevent Bleeding You Need to Stop the Flow of Blood to Your Hemorrhoids

You need to stop forcing when you sit on the toilet. Straining during defecation places unnecessary pressure on the fragile blood vessels in your anus. The increased pressure causes veins to bulge and bleed.



## Sitting or Position for a Long Periods May Also Cause Bleeding

For when you sit or stand too much you build up pressure in the rectal veins. If you tend to sit for long periods of time, try to get up and walk around every 15 minutes roughly. If you are on your feet all day take the time to be able to sit down and put your feet up. This will increase your circulation and take the pressure off your rectal veins.

- When you could have bleeding hemorrhoids there are several things you can do to stop the bleeding quickly.
- One is to wipe yourself using pre-moistened wipes that contain witch hazel.
- Pre-moistened wipes that contain witch hazel are great for bleeding hemorrhoids because the witch hazel stops the blood loss right away.
- The two most popular brands are Dickinson's and Planning H.
- Both of these trusted brands are convenient to use and very effective!

## Another Very Effective Treatment for Bleeding Hemorrhoids are Essential Oils.

Essential oils are heavily concentrated when compared with dried herbs. They seep through your body cells into your bloodstream to fight the root of hemorrhoids from within. Since essential oils are so strong only a small amount is needed to be effective. The astringent properties of the natural skin oils allow them to safely as well as gently contract blood vessels, providing total elimination of hemorrhoids within days of program.

Please take a moment to visit my website below to check out these very effective and affordable hemorrhoid treatment products. They are sure to help you with your bleeding hemorrhoids.

- Callum Martinez writes articles on hemorrhoids as well as digestive health.
- If you have enjoyed the valuable information you read here go to Hemorrhoids News to learn more.
- Or click here to learn a lot more great articles on effective hemorrhoid treatments.

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