

# Useful Tips To help reduce Your Hemorrhoids

**P**eople who have colon or digestive tract problems usually also suffer from **hemorrhoids**. The frequent diarrhea and constipation associated with these problems can cause hemorrhoids. In order to decrease constipation, you need to eat meals that are rich in fibers. Adding fiber-rich greens, fruits and whole grains to your dietary intake will offer relief to colon or digestive system issues and reduce the chances of developing hemorrhoids.

- You are suffering from hemorrhoids and having some pain, you can always use an ice pack.
- All you have to do is place a coldpack where you are experiencing pain.
- Leave the ice pack on around 10-15 minutes or until you feel better.
- Ice not only numbs pain, but it can reduce swelling.
- Aloe Vera gel, which is often used to treat open wounds or burns, is a natural, affecting way to treat hemorrhoids.
- When applied to the affected area, Aloe Vera can relieve pain and itching.
- It will also stop hemorrhaging and promote healing.
- For the best results use a gel that contains Completely Aloe vera.



## Eat Foods Full of Fiber to Prevent Hemorrhoids

Constipation, which is a common cause of hemorrhoids, can be prevented by consuming sufficient fiber to keep your stool soft. Eat foods that are high in fiber, or use a fiber supplement. Fruits like papaya, grapes as well as watermelon will also be good to be able to maintain your stool soft.

## You Suffer from Painful Hemorrhoids, Add More Fiber to Your Diet

Fiber will help the bowels to eliminate on a regular basis, and make the stools softer as well. Regular elimination and softer stools will keep you from straining when using the restroom, which can further aggravate hemorrhoids.

## Eat Plenty of Garlic

Garlic has been shown to help soothe the intestines, which in turn helps to relieve swelling and pain associated with hemorrhoids. Most doctors recommend eating no less than 2 full cloves a day for the maximum benefits, and some doctors even say you can insert a clove in the rectum.

## As Stated Before, a Very Useful Body Part is the Hemorrhoids

They are useful simply because they can maintain stool control. For anyone who has hemorrhoids that have become inflamed, they may experience pain and bleeding. When you use the advice from this article, you can get rid of inflamed hemorrhoids.

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