

A Pain in the Butt - Hemorrhoids

What are **hemorrhoids** and what do I have to do to relieve the discomfort? They are also known as **piles** and they are caused from too much pressure on the anal veins that can result in either external or **internal hemorrhoids**.

- Internal **hemorrhoids** have no lump outside the anal area that can be seen.
- While **external hemorrhoids** can be easier to see they can also be the most painful.
- There are many people in the world who are afflicted by hemorrhoids and mostly exist in people over the age of fifty.
- There are many ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz bath tub can actually experience again some of the discomfort and reduce the inflammation.



What is a sitz bath? It's really a bath where you sit in warm water that covers your own buttocks and hips. The idea is the fact that sitting in the warm water will help more blood in order to reach the anal area which can promote healing as well as help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water remedy for hemorrhoids.

You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits More Than a Toilet

However, using your bath tub is probably the simplest way to have a sitz bath. Fill up your bath with warm water. You want it warm enough to be comfortable although not too hot. Again, the water needs to cover your buttocks and hips and it is recommended that you partially lay down instead of sit in the bath to relieve any pressure on the anal region.

You May Also Want to Add Some Aromatherapy Oils to the Water to Help You Relax

Choose your chosen oil but using Lavender, Melissa or Valerian Oil make for a great soothing bath. Another good choice is adding epsom salts in order to the water which is recommended by many practitioners. Epsom salts helps to draw toxins out of the body, lowers swelling and relaxes muscles. Also, epsom salt is also known for helping to relieve irritation and pain. Epsom salt can be purchased from most drug stores.

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Strategies On how to Effectively Deal With Hemorrhoids A great tip for your painful hemorrhoids is to make sure that you eat plenty of high fiber meals. This is important because this will give you much softer stool which results in less pushing necessary to achieve a bowel movement. Fruits and...

- You will want to be in the bath for about 20 to 30 minutes several times a week to promote healing.
- When you get out of the bath you will want to use a clean, cotton towel to dry the area.
- Make sure you don't caress but pat the area dry with the towel.
- If you want you can also let the area oxygen dry which a few practitioners recommend so you aren't causing any stress in order to the area again.
- You looking for a natural and efficient remedy for hemorrhoids?
- What have you got to be able to lose?
- There are techniques that offer natural remedies without painful procedures and side effects that work.
- You will adore the results but more importantly you will love how your body feels.

For more info on treatments for hemorrhoids, get more information at [Tips for Hemorrhoid Settlement](#).

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