

# Bleeding Hemorrhoid- Two Big Reasons why You Have Bleeding Hemorrhoid

**H**aving Hemorrhoid is such a horrible experience. However, when you see your hemorrhoid turned into a bleeding haemorrhoid one, it is a scary experience. I have been there, seeing the sight of blood in the stool and toilet bowl, used to get me thinking at times "Whether I will live for long or not". The blood makes this kind of an impact in your mind.

- You are like me, working late in office, expending job time, most of the time in front of a laptop.
- You know, what i am talking about, the needling pain, which are you shuffling around the chair.
- At times, you feel awkward in front of your own peers.

*Considering all this, One day I decided to find the reasons for hemorrhoid and its natural cure.*

## The Major Reasons are: a) Having Too Much of Processed Food

You will be shocked in order to know that processed food causes our a stool to become more difficult. This in a roundabout way, leads to Hemorrhoids. The best way to avoid this is by lowering intake of sugar and processed foods.

*“ The Working Lifestyle: Nowadays, most of the jobs are sedentary in nature, because most of the time, you have to take a seat and work with your laptop or computer. This style is fairly conducive regarding formation of pile. This situation is additional aggravated by constipation and pregnancy.*

- Well, above are usually the major reasons for the bleeding haemorrhoid.
- Focusing on the factors can stall the process of worsening of one's hemorrhoid.

My quest to get a cure for hemorrhoid, I came across this method, which claims to eliminate the hemorrhoid in couple of days.

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