

# Can Caffeine and Alcohol Consumption Cause Hemorrhoids?

**H**emorrhoids are a painful and irritating condition in which the veins around the lower rectum or anus are inflamed or swollen. The causes for *hemorrhoids* may be many, including obesity and pregnancy. The disease could also be brought on by lack of exercise. Excessive use of caffeine and alcohol consumption can also result in hemorrhoids, since these materials dehydrate the body.



## Caffeine and Alcohol Within Hemorrhoids

Caffeine works as a dehydrating agent and dehydration is among the prime causes of hemorrhoids. Therefore, caffeine works as an indirect causal agent. Hence, to prevent hemroids, avoid consuming foods with excessive caffeine, such as coffee and energy drinks.

## Hypertension Also Causes Hemorrhoids

Although caffeine increases blood pressure, it is not known to cause hypertension. Similarly, alcohol does not directly cause hemorrhoids, but is an indirect agent. Alcohol is a diuretic that causes dehydration and resultant constipation. Since constipation is probably the root causes of hemorrhoid development, avoiding alcohol can prevent *hemroids*.

## Alcohol Causes Lack of Fluids Through Increased Urine Production

Hence, it is important to make up for the lost water through increased water consumption. Dehydration caused by alcohol is often worsened when you follow it with a cup of coffee. This is because coffee is also a diuretic, and the two combine in order to worsen constipation and *hemroids*. So, the only solution to avoid hemroids is to avoid coffee and alcohol, and drink lots of water to maintain hydration.

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*Ways to get rid of hemorrhoids Problem* You have done everything to make sure that you remain in wonderful shape. You see to it that you get to exercise and do your workouts regularly on a weekly basis. You might have avoided harmful food items and maintained a healthy lifestyle as a...

## Hemorrhoids: Preventive Measures

You cannot quit alcohol or coffee, then you should at least reduce their consumption. Those already suffering from hemorrhoids need to stay away from consuming food items containing these, so that the condition is not aggravated. That is, it is possible to prevent hemroid development or aggravation through effective dietary changes.

- Hemroids caused by dehydration can be cured by drinking at least eight glasses of water daily.
- Vitamin supplements and dietary fiber rich vegetables, along with sufficient workout and proper sitting posture, can prevent hemroid development.
- Since natural treatments for hemorrhoids have fewer side effects, they are preferred over other treatment protocols.

Awareness about the factors leading to hemorrhoids can help prevent the development of this particular painful condition. If you are looking for tips on the right kind of lifestyle that can prevent hemorrhoid development, you must visit Hemroids Info. The website <http://www.hemroidshemorrhoids.net/> provides comprehensive information on all aspects of the problem, right from it's causes to prevention, symptoms as well as treatment.

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