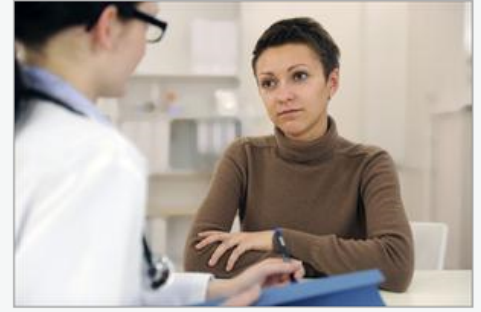


# Health 101: Hemorrhoids in Adults

**T**he number of sufferers from **hemorrhoids** is growing. If you belong to this population, there are great ways on how to deal with hemorrhoids. You do not have to suffer from itchiness, pain and discomfort for a long time. All you have to do is equip yourself with the right information. Read more about hemorrhoids in order for you to know how you are going to deal with it. There are so many materials available which will help you. Start with reading on what foods to eat and avoid.



## What You Must Know

Hemorrhoids occur because of a bad diet plan and pressure in **bowel** movements. It is like varicose veins that when the blood vessels in your tissues located in the anus and rectum are swollen, swelling happens. You need to be aware that **internal hemorrhoids** are usually a serious and severe condition compared to **external hemorrhoids**. Internal hemorrhoids are usually located on the wall of your anal canal that might protrude outside the anus. You may experience bleeding if you suffer from inner hemorrhoids. Bright red blood on your feces or on the toilet paper as soon as you wash are sure signs that you have internal hemorrhoids.

## Foods to Consume

Proper care must be taken in consideration. You need to consume a lot of liquids especially water. You have to make fiber rich food items part of your daily food. These are whole grains, vegetables and fruits. Especially take carrots, apples, papaya, spinach, oatmeal and brown rice. Another treatment is flax seed that can be just added in any of your favorite meals. A cup of oatmeal with a tablespoon of flax seed is very useful to improve bowel motility and soften stools.

## Foods to be Able to Avoid

There tend to be specific foods that highly contribute to the aggravation of hemorrhoids. It will continue to make you suffer in pain and discomfort. Espresso and other caffeinated drinks are on top of the list. It will affect your hydration. Caffeine acts as a laxative which will result you to have bowels once artificially stimulated. This can lead to loose stools or constipation and can just make the condition a whole lot worse.

## Alcohol Consumption is Another Culprit

Your body has been dehydrated once you take alcoholic beverages. It leaves little liquids in the body that affects the actual lubrication of your tissue. It will result to strain as well as add pressure in your inflamed hemorrhoids. Other foods that you need to avoid and prevent bleeding hemorrhoids are mustard, nuts and red pepper. These products will only be in some measure broken down and just pass by through your color which agitates your condition. Stop using tobacco as well because it affects the function of your colon, which worsens your hemorrhoids.

## Relief from Hemorrhoids can be Gained Should You Aim to Accomplish Proper Good Health

Right choice of foods has been proven to resolve hemorrhoids. Include in your proper diet healthy weight management and regular exercise. It is best to still consult with a medical practitioner in order to address the hemorrhoids problem especially if the condition is severe.

“ For much more tips relating to hemorrhoids in adults please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish visit <http://tratamiento-de-las-hemorroides.blogspot.com> Regarding Italian check out <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Check Out [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

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