

Natural Treatment for Hemorrhoids

1. Introduce more fiber into your diet.

Fiber is extremely good at relieving constipation - the main cause of hemorrhoids - and fiber is well renowned for preventing them and alleviating their symptoms. Fiber does this by bulking the stool and making it soft, so that the body can eliminate it without much straining.

In a very high fiber diet for hemorrhoids you may be asked by your doctor to consume as much as 3.5 ounces or 96 grams of fiber a day, to keep your body healthy and balanced. A high fiber diet, that is normally sufficient for a hemorrhoid sufferer is about one third that dose - 31 grams or one ounce.

Fiber preferably is to be taken via fresh fruits, whole grain foods, and beans. If you notice that your body is letting off too much gas, this may be the result of increasing the fiber in your diet too quickly. Just cut back on the amount of fiber and gradually increase it over time.

Now, one question you may ask, is how much extra fiber is that over what I am getting already in my diet? The answer is, if you are eating white bread, you are likely on a diet that has a meagre 11 grams of fiber per today, but the good news is, that means you only need to add in an extra 20 grams! That's about 3 to 4 large apples / oranges.

Using a food table to work out the fiber in the foods you like, you can also see if there are any foods that stand out as worthwhile.

Still can't adjust your diet to get enough fiber, then try fiber supplements. They work out to be about \$20 to \$40 a month, but compare that to the cost and inconvenience of a hemorrhoid operation that may run thousands of dollars and leave you in pain and discomfort for weeks. Powdered psyllium husks are a good option.

2. Drink water

You may know the drill already, sixty-four ounces of water daily, about 8 glasses. This helps the fiber in your diet, as it allows the fiber to do its job - the fiber soaks up the water, thereby bulking the stool. Without water, the fiber may cause even worse constipation. It is best to take the water straight, but not essential.

3. Exercise

Walking is good, bicycling better. Walking or bicycling quickly for 30 minutes, three to four times a week, improves one's overall health, but, more importantly, it helps get the intestines stronger and healthier, allowing for the bowel motions to be moved more easily out, without all that straining on the toilet.

4. Bowel training

Essentially go to the toilet at the same convenient time every day. Sit for about five minutes in the toileting posture (feet raised on ball of feet, elbows resting on knees). Let your body become accustomed to this timing and hopefully, you will start doing your business on a regular daily basis, at about the same time every day.

This can help train your bowel to empty on a daily basis, which can help reduce the incidence of constipation

General guidelines: Do not force. Do not sit for much more than five minutes. If nothing happens, try again tomorrow. If the urge hits at a different time - GO! - otherwise you may cause yourself more hemorrhoid problems.

Conclusion:

Hemorrhoids afflict millions every year. They are painful, uncomfortable, basically unbearable. The simple natural treatment for hemorrhoids above, can go along way to bring an end to your suffering.

About the Author

Donald Urquhart and his writers, write extensively on various health topics, including [hemorrhoids](#) how to attain [natural relief for hemorrhoids](#) quickly, and everything to do with [external hemorrhoids](#).

