

# Hemorrhoids - what do i need to do?

**T**here are many unpleasant symptoms and diseases associated with constipation. **Hemorrhoids** is one such symptom and several doctor or perhaps practitioners say, 'its not a serious condition.' As a natural nutritional consultant, I say, 'Hemorrhoids is a condition you need to treat or better yet eliminate.'



- You need to listen to all symptoms you have to decide if you want to take some action to correct the cause.
- Some times just acknowledging a simple symptom is enough for symptom and the cause to be able to disappear.
- Hemorrhoids, whether easy or severe, are telling you there is something wrong somewhere and 'I hope you take care of that before it get worse'
- Taking care of **hemorrhoids** or hemorrhoid symptoms is the first thing you should take care of.
- Then, you want to completely focus your energy on the cause of these kinds of hemorrhoids.
- In this way you can help to get rid of the hemorrhoids and prevent them from coming back.
- The first indicators of hemorrhoids are when you need to take action.
- Don't wait until your hemorrhoids obtain large, give you pain, start bleeding, or protrude

## The First Question You Should Ask about Hemorrhoids is What Caused Them.

What causes hemorrhoids?

### Is Always the Cause of a Sickness that You Try to Eliminate

Doctors don't always have the time to be able to know very well what the cause is so they will treat the symptom to get rid of it. The result is that your illness will come back or the symptom is or appear as a different symptom.

*Hemorrhoids are cause by excess pressure in the rectal problematic veins and the veins in the surrounding area.*

### There are Many Causes of Hemorrhoids Which Constipation is a Major Cause

By first using some natural **hemorrhoid remedies** that I will discuss in future articles, you are able to get rid of or diminish your hemorrhoids. Then by using some natural remedies for constipation, it is possible to prevent hemorrhoids from coming back.

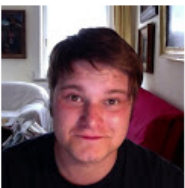
- Using natural remedies for treating your hemorrhoids is the best way to deal with this condition.
- In their book, NaturalPrescriptions, 1994, Robert M.
- Giller, M.D. and also Kathy Matthews, offers you their opinion of drugstore medications,

### You are Suffering from Hemorrhoids Right Now, You Need Immediate Relief

What about all those over-the-counter remedies? Just last year the FDA clamped down on the manufacturers of these products, and some of them are being removed from the market because they've never been proven to be effective. Additional should limit their statements. Those that claim to shrink tissues must carry a warning because people with diabetes or heart disease, for example, shouldn't have used them. In the final analysis, while you can find some temporary relief from these items, you could do as well by making use of zinc oxide, petroleum jelly, or witch hazel, which can be just as effective as well as far cheaper.'

Rudy Silva has a Physics degree from the School of San JoseCalifornia and is a natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he's got written an ebook called 'How to relieve Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid treatments at this site.<http://www.hemorrhoid-remedies.for--you.info>.

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“ **Kory S. Ford**

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