

## Brief Peek Into the Foods that cause Hemorrhoids

**W**hat are the foods that cause **hemorrhoids**? You may be a healthy eater but you don't have so much control whenever there is a buffet of your favorite foods on the stand. You may begin to worry when you developed the situation which has caused the veins on your anal region to become enlarged and painful. The condition is also referred to as **piles**.

### Aside from Your Diet, There are Other Factors that Lead for a Person to Acquire Piles

These include diarrhea, chronic constipation, obesity, pregnancy, aging and strained **bowel** movements. This can also be caused by sitting on the toilet for an extended period. The problem can be acquired externally or in house. The latter develops in the rectum as well as the exterior type occurs outside the anus.

- Can become quite uncomfortable because you may experience bleeding whenever you are discharging.
- This may also cause itching, pain and irritation.
- To help yourself from having the condition get any a whole lot worse, you have to know the kinds of foods that cause hemorrhoids.
- When you still don't have the situation, it's a good idea that you average your intake of the foods out there.
- If you are already suffering from piles, you have to be very careful in taking and eating the next.

**Alcohol.** Too much consumption of alcoholic beverages leads to lack of fluids. The latter causes constipation. When your body is dehydrated, it also follows that you have strained bowels. If you are still not suffering from piles, it's a good idea that you take control of your alcohol intake, so as to avoid getting this kind of problem. When you already have the condition though, you better stop taking alcohol until you have overcome the swelling and the condition is already healed.

**Salty food.** When you take in foods that have high levels of sodium, this may cause to your blood pressure to rise. If you have, the veins on your rectal area may get swollen and bulge, which may lead to piles. If you cannot avoid eating salty foods, you have to at least try limiting your intake of foods such as potato chips, salted nuts, fries and many more.

**Sweets.** Anything that includes a lot of sugar may also cause the problem. As much as possible, regulate yourself from eating a lot of sweets, such as candies, ice cream, sodas, cakes and many more. Taking in something that has high amount of refined sugar may cause constipation, which may lead to the development of piles.

### Foods that are High in Fat Content

What are these? Some samples include beef, pig, sausage and many more. You have to stay away from foods that contain saturated or unhealthy fats. The latter could cause for the stools to become hard, which may cause trouble in eliminating such, hence the development of piles.

There are still so much to be able to learn about foods that cause hemorrhoids. The situation can be solved for as long as you do your share of keeping yourself healthy and by staying away from the factors that may aggravate such.



HemorrhoidsPilesBowel

The complete nutritional guideline for hemorrhoids can be accessed by visiting <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

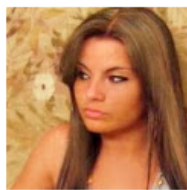
For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

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

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

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

For Additional languages visit <http://how-to-treat-hemorrhoids-at-home.blogspot.com>.



“ **Jennifer T. Rader**

*Jennifer is a writer at [uturine.info](http://uturine.info), a resource on health tips. Last year, Jennifer worked as a blog curator at a high tech company. When she's not reading web content, Jennifer loves working out and fishing.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.