

Fruits, juices, and food for relieving hemorrhoids part II

Eating the right kind of food and following good eating habits will speed up your healing of your **hemorrhoids**. For those who have a diet that is hard to digest and moves slowly through your colon, then, have a constipation that will encourage formation of **hemorrhoids** or even prevent the their healing.



Here are Some Foods that Will Aid Give You Relief from Hemorrhoids

Use the following foods to help reduce hemorrhoid bleeding:

“ *Alfalfa ' Dark green leafy vegetables ' Blackstrap molasses 'Flax seeds ' are high in omega-3 oils, which reduce inflammation and pain. They are also high in fiber. ' Lima and butter coffee beans are usually high in iron, which help to build more blood. When you have bleeding hemorrhoids, incorporating lima beans to your daily diet would be a good choice. ' Sweet potatoes provide fiber, B vitamins, iron, potassium as well as many other vitamins and minerals. This is a good body building food.*

After trying different **hemorrhoid remedies** listed here for up to two week and your hemorrhoids do not have shrunk or go away, you might consider seeing a physician. You need to find out if your hemorrhoids exist because of a more serious medical condition.

See your doctor right away if you have a lot of anal bleeding, a lot of blood in your stools, heavy pain, or fecal incontinence.

Ginger, Garlic Clove, and Onion

Add these types of three herbs ' ginger, garlic, onions - to your diet. Each one of these helps to break down fibrin. As I mentioned before excess fibrin creates inflammation and blood congestion by trying to repair arteries and veins.

Iron Foods

Here tend to be the foods that contain iron to help you build up your own blood or to keep iron in reserve, if you ever need it.

Chicken liver, steamed crab ' Beef liver ' algae ' Prunes 'Dried apricots ' Blackstrap molasses ' Spinach ' Sunflower seedsPistachios ' Cashews, almonds, sesame seeds ' Baked potatoes 'Cooked Swiss chard ' Lima beans, ' Raisins ' Cooked broccoli 'Tuna

- At every meal, use olive oil, flax seed oil, and apple cider vinegar in your salad.
- In your sauces or even other meals dishes where it really is appropriate, use olive and flax seed oil.

“ *Tips to Get rid of hemorrhoids - Get Rid Of Severe Bleeding Hemorrhoids Naturally If having hemorrhoids at least once is a very painful experience, just imagine how hard it is for a person experiencing longterm hemorrhoids. It may sap the life out of you because all you can think of is the pain down there which hardly ever...*



- At the end of each meal take your capsule of fish oil.
- Fish oil is probably one of the most important oils to use daily.
- Read other articles I have written on fish oil..

Salads

Eat plenty of salads with raw veg. Vegetables and fruits that you heated destroy their own natural enzymes and change calcium straight into an inorganic type. A person body can't process this inorganic form of calcium.



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- This excessive inorganic calcium moves into body areas that are sluggish and precipitates in these areas causing inflammation and disease.
- One area that can migrate to be able to is the rectum where it activates the formation of hemorrhoids.

So eat plenty of uncooked vegetable scattered with apple cider vinegar, flaxseed oil, and olive oil.

- There you have it.
- Lots of food remedies that can give you temporary relief, reduce bleeding, reduce swelling, eliminate itching, and cure your hemorrhoids.

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

About the author:Rudy Silva includes a Physics level from the School of San JoseCalifornia and is a Natural Nutritionist. This individual writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook called 'How to Relieve Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid remedies here.<http://www.hemorrhoid-remedies.for--you.info>.



“ *Jennifer T. Rader*
Jennifer is a writer at 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.

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