

# Get Rid of Hemorrhoids: Hemorrhoid relief with Natural Remedies

**Y**ou want to get rid of **hemorrhoids** you need to know what causes them and what treatments to utilize. Hemorrhoids are caused by constipation and the remedy you'll need for hemorrhoids is more than one remedy.

- You have hemorrhoids, then you need to have regular **bowels** When you go into the bathroom, go in there to have a bowel movement.
- Don't take a newspaper, magazine, or book to read because that keeps you in there longer.
- Sitting for long periods on the toilet puts pressure on your rectum and anal veins.
- This long sit will eventually leads to hemorrhoids or aggravates the particular hemorrhoids you already have.
- So, you don't want to sit there longer than necessary.
- And definitely, don't strain and push to have a bowel movement.
- This is a sure way to enlarge the hemorrhoids.
- If your stools don't want to come out, here are a few things you can while sitting on the toilet to be able to help them to come out easier.



## Sit-Up Straight and Also Slim Back Slightly

Raise your arms up above you, this stretches and moves your colon place your feet on a small bar stool to move the knees upward. This takes off some of the pressure felt in your anal area.

## Move Your Stomach in and Out to Help Move Your Colon

Move sideways to extend as well as proceed your colon.

- You have a job where you have to sit down all day, get up and walk around every hour or as often as you can.
- If you have an exercise room, carry out some exercises for a few minutes.
- Doing exercise is necessary if you want to get rid of hemorrhoids
- Hemorrhoids are just like extra skin with blood vessels or irritation that accumulates around your anus.
- That area can be sensitive or painful to touch or when you are having a bowel movement.

## You Need to Exercise If You Want to Get Rid of Hemorrhoids

A daily quickly walk around a few blocks is the best. Yoga is also very helpful, since it helps to stretch colon and anus muscles, and bring back circulation. Any exercise you are doing will be helpful. Another exercise to do is on a rebounder. A rebounder exercises every part of your body and helps in order to force your lymph liquid into the lymph nodes with regard to detoxification. This will help you to recover from any condition you might have faster.

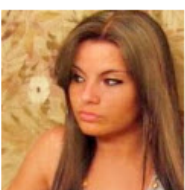
You can do all the things for preventing hemorrhoids and constipation, but if you do not start exercising regularly, it will be hard to get rid of hemorrhoids and even constipation. So want to exercise, it is good for life and not just good for hemorrhoids and constipation.

## The Other Exercise that You can Do is an Anus Exercise

You do this by pushing down like when you are going to have a bowel movement and then pull out. Do this for a short while. This will help to build the tissue in that area and to bring new blood to remove the toxins that build up in that area. Yes I know, that is uncomfortable to do, but if you don't do some of these exercises, then these hemorrhoids are certain to get worst over the years.

- Keeping regular with easy flowing bowel movements and regular exercise can help you reduce or even prevent hemorrhoids.
- But to get rid of hemorrhoids, you will need to make sure you are not constipated.
- Constipation is the cause of hemorrhoids.
- Take a look at some of my other articles that give you information on how to stop constipation.

To get some more details on hemorrhoids go here: [Get Rid of Hemorrhoids](#) and if you need more tips on eliminating constipation, go here:



“ **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.*

**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.