

## Piles Relief - Natural Treatments For Piles

There are literally millions of people around the globe who suffer with the condition known as **piles** or **hemorrhoids**. **Piles** are caused when the wall of the **bowel** weakens allowing a vein to break through and is very similar to how a hernia forms, this vein then becomes swollen resulting in pain, itchiness and general discomfort, very often these kinds of blood vessels will start to bleed and it is when this happens that people start to look for types of **piles relief**.



“ There are many reasons why the bowel wall becomes weakened, one of the most common is the pushing of trying to empty a bowel when constipated. This straining causes extreme pressure on the walls of the bowel and also to the problematic veins for the reason that area which often results in piles.

### There are Fundamentally Two Specific Kinds of Piles, Internal and External

**External piles** are generally the more painful of the two but bleed less frequently than **internal piles**. Internal piles are usually more uncomfortable as compared to they are painful, although the pain can be quite unbearable during a bowel movement, they are however, far more likely to bleed than external piles which is often the first symptom of an internal pile that is noticed and this is usually when wiping after an evacuation.

These days, many people who have piles choose to use natural remedies, often utilizing common and readily available herbs and fruits. Two such common remedies involve the use of dried figs and the seeds of the mango, that are both effective at halting constipation, the fruit of the blackberry is another favorite for those troubled with piles that are bleeding.

*Dried Figs: Wash the dried figs thoroughly and soak them in water immediately, they should then be taken, along with the water they were soaked in, once in the morning and again in the evening.*

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**Hemorrhoid Tips That Everyone Should be Reading** To reduce the pain and swelling associated with hemorrhoids, you should soak in warm water. To do this, you need to fill a bathtub with six to 12 inches of warm water. After your tub is filled, sit in the water with your knees elevated. Doing this...



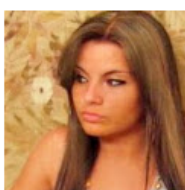
PilesBowelExternal PilesPiles ReliefPiles TreatmentInternal

**Mango Seeds:** The process of using mango seeds as a **piles treatment** is a little longer as they will need to be dried out thoroughly and then crushed into a powder. Mango seed powder may be taken as and when piles flare up but only twice a day and also a single dose should be no more than two grams, many people find an easier and also more pleasant way to take this kind of powder is to mix it with honey.

**Blackberry Fruit:** The fruit of the blackberry will help stop your piles from bleeding and should be viewed as a long-term strategy rather than a short-term cure as they need to be eaten throughout the season of the fruit which is normally between two and three months, by doing so hemorrhaging piles should be prevented from returning. To utilize this remedy simply eat the blackberry fruit each morning with salt.

General, most natural **piles cures** work by helping to soften bar stools as well as thereby stopping any periods of constipation. No constipation means that there is not any unnecessary strain in the areas of the anus where piles are common, this will also help in shrinking existing piles to the point where they will deal fully.

You would like more remedies check out this Free Choice Treatments Course it provides excellent free information about effective piles relief. For a natural cure for piles that has been proven in order to totally eliminate piles forever visit <http://www.pilestreatmentnow.info>.



“ **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.

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