

7 Tips for Curing Hemorrhoids

Free eBook from FixHemroids.com



Tip 1

Switch to a High-Fiber Diet

Lack of fiber is one the most notorious hemorrhoids causes.

Your gut needs fiber to create bulk in your food. This assists your bowels in peristalsis, which a “push-squeeze” motion that pushes your stool out easily.



You are recommended to consume around 25 to 35 g per day.

Tip 2

Drink More Fluids

Fluids moisturize and soften your stools, making it easier to push out.

Note that with more fiber in your body, you will need to drink more water alongside as fiber requires fluids to perform its functions.

If you do not increase your fluid uptake accordingly, the fiber will be stuck in your bowels and make it even harder to move it to your rectum.

This will worsen constipation instead, and you may experience even worse hemorrhoid symptoms.



Drink your 8 glasses of water a day especially when you are on a high fiber diet!

Tip 3

Take a Warm Sitz Bath

This process is basically soaking your anus in warm water, by sitting in a bathtub.

It will relieve the itching and inflammation, and calms your sphincter muscle from spasm.

This is best done after defecating and two to three times a day.



Prepare a shallow tub of warm water and sit on that pool for around 20 minutes, soaking your anus inside.

[Click here to read the 9 steps to an effective sitz bath](#)

Tip 4

Apply Some Topical Medication

Topical medication basically refers to direct application on the affected area.

They help to relieve symptoms quite quickly and should be done after defecating.



Apply creams and suppositories like Preparation H, or go for more natural options like Witch Hazel wipes.

[Click here to read the top natural home remedies for hemorrhoids that'll quell your pain](#)

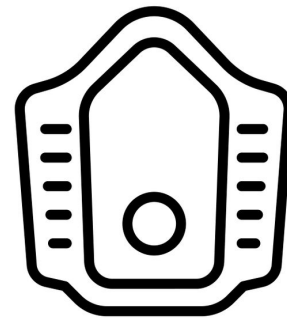
Tip 5

Change Your Defecation Method

When you are going to defecate, use the squatting toilet whenever possible.

Squatting eliminates the need for you to strain your rectum, and it is actually the proper way to do it.

It is also much more effective in clearing your bowels in one go.



Tip 6

Exercise More

It doesn't have to be an insane workout at the gym.

A moderate brisk walk for approximately 20 to 30 minutes each day can promote your bowel movements.

You can also save quite a bit of transportation costs in the long run too.



The next time you are planning to drive a 5 minutes trip, do yourself bowels a favor and start walking instead.

[Click here to read the top exercises for hemorrhoids you should be doing](#)

Tip 7

Answer Nature's Call Punctually

Once nature calls you, try to answer as soon as possible.

The longer you hold back your stools, the longer you strain your rectal veins and the harder your stools get!



Bonus

Cure Hemorrhoids from its Roots

If you want to get rid of hemorrhoids **for good**, you need to treat it from its root cause.

Because if you don't treat it treat, it may recur. And all your efforts would be wasted.

Hemorrhoid No More, by Jessica Wright, teaches you how to treat the root cause, **naturally**. No surgeries, no drugs.

[Click here to watch her video explanation now on how you can get rid of your hemorrhoids for good.](#)

