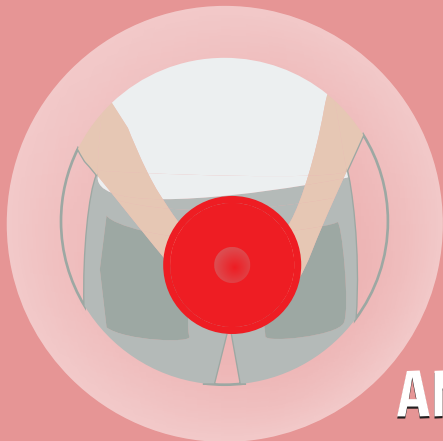
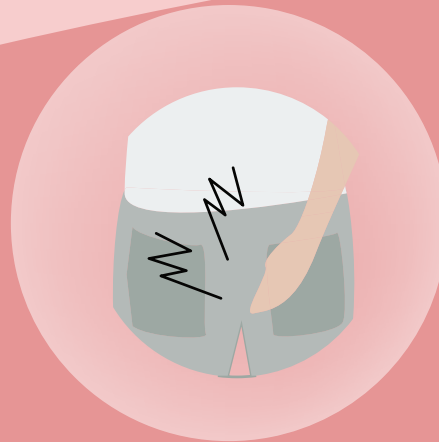


UNDERSTANDING PILES

A Comprehensive Guide to Prevention, Treatment, and Relief"



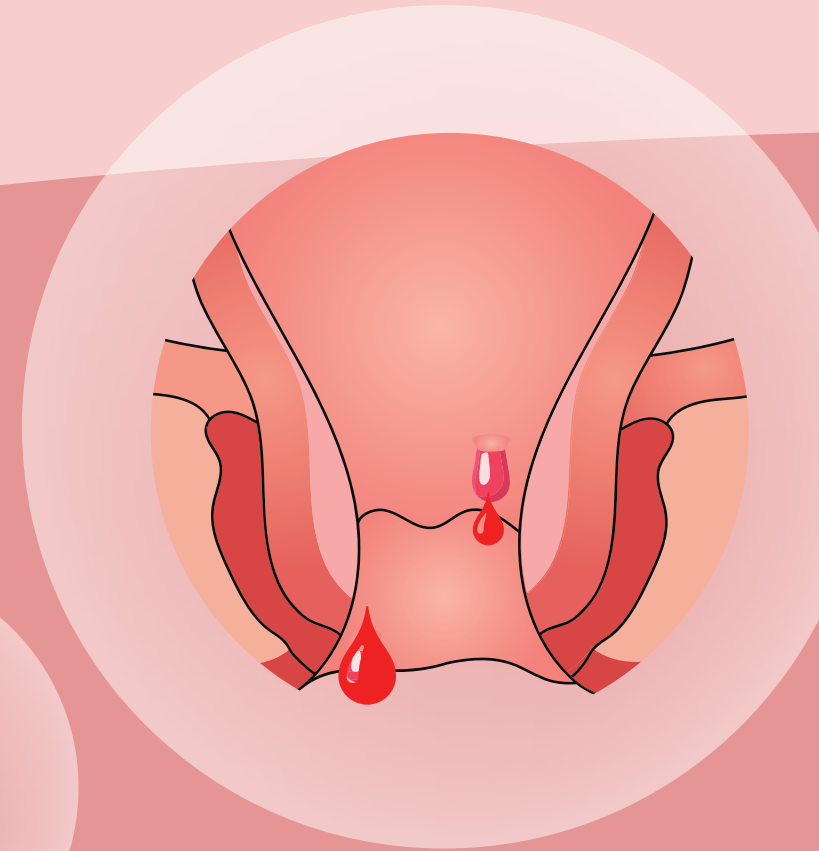
ANAL PAIN



**ANAL AND
RECTAL ITCHING**



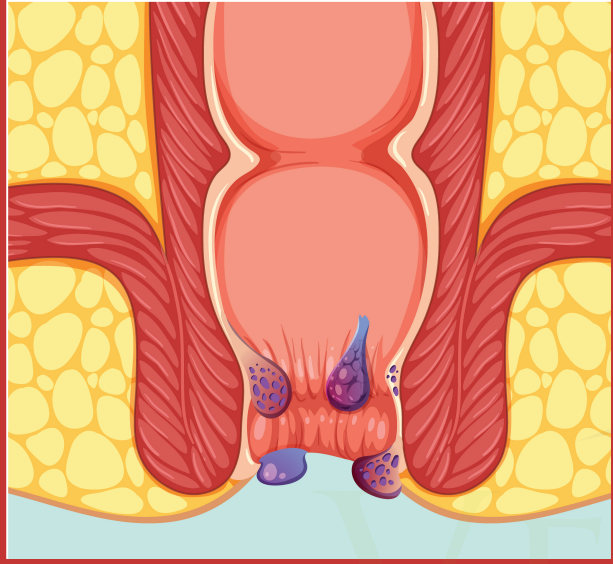
RECTAL BLEEDING



Introduction :-

I'm sure the idea of having to use the restroom makes you cringe if you have hemorrhoids. This daily routine is indeed painful, frequently resulting in major bleeding in addition to intense agony. Even worse, they frequently happen again. That clarifies it rather clearly, then: Unless you figure out how to keep them dormant, your pain will never end! a whole list of all-natural remedies for hemorrhoids, but first, let's examine those ugly, excruciating hemorrhoids in more detail.

HEMORRHOID



How can we prevent hemorrhoids?

As you know the best treatment is prevention in all cases. How can we prevent hemorrhoids from appearing?

Restricting



- Try not to strain or hold your breath when using the restroom as this puts pressure on the lower rectum's veins.
- Leave when necessary. Go to the bathroom if you feel the need to. Don't delay. The stools will get drier the longer you wait. If you need to use the restroom in front of friends or in public, don't be embarrassed about it. EVERYWHERE are public restrooms! Make use of them!
- Engage in physical activity. Long periods of inactivity, sitting, or standing still impose strain on the veins. Thus, if you spend the entire day at your desk at work, take three to four breaks to unwind your butt muscles. Every sixty minutes, take a three-minute break to stretch.

- Eat a lot of water-rich foods and drink plenty of water. Fresh fruits and vegetables should make up the majority of your diet at least 40% of it.
- Maintain a low body-fat percentage. Hemorrhoids are made far more likely in obese people.
- Wear cotton underwear instead of thong panties.
- Modify your food intake! Add dietary fiber to your meals.

Diet tweaks will make “THE” difference with Hemorrhoids

Hemorrhoids are primarily caused by constipation. Constipation is your body's way of telling you that something is amiss with your digestive system. However, what triggers constipation? Almost always, a poor and the incorrect diet are the answers.

So from now on, foods rich in fibers should your best friend!

One of the main factors thought to be responsible for hemorrhoids is constipation. Eating a diet that would naturally soften the feces is therefore crucial. Adding enough fiber to your diet is the first adjustment you need to make. You can overindulge in entire grains, cereals, fresh fruits, and lush green vegetables here. Fiber eases pain and discomfort by facilitating easy passage of the stool.

1 plum • 1 tablespoon oat bran • 1 tablespoon flaxseeds • ½ cup water Mix them in a blender and in 4 minutes your delicious smoothie is ready. Pear smoothie You need: • 1 fresh pear • ½ cup apple juice • 1 tablespoon fresh root ginger grated • 1 tablespoon wheat bran Mix them in a blender for 3 minutes. Blueberries smoothie You need: • 1 cup fresh or frozen blueberries • 1 kiwi • 1 tablespoon psyllium bran • 5 tablespoon fresh juice lemon • 3 fresh or frozen mint leaves

½ cup water Mix all ingredients for 4 minutes. Because it's not easy to wake up every morning and think about what to eat to be in shape, full of energy and have a normal bowl movement, here you have a plan for all week with ideas for a healthy breakfast. This diet will help you lose a few pounds if you need.



Diet plan to get rid of hemorrhoids fast and reduce constipation for good

The truth is that eating the correct food is the first step towards treating hemorrhoids, even if most of us don't think much of it. The diet plan you see below was designed specifically to give your body plenty of antioxidants, vitamins, and fiber on a daily basis so that you never experience constipation again. I have tested THIS DIET PLAN on over 50 people who had hemorrhoids, and they all had excellent results. Please try to adhere to it as much as you can, and if you can't, try eating something that is nearly identical in calories.

The majority of meals only provide the amount of food served, therefore aim for one serving per meal. You ought to have no trouble dropping a few pounds if you can maintain a daily caloric intake of 1500 or less.

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Sunday: Breakfast (233 calories) You need: 1 boiled egg (78 calories); 250g vegetables salad (you can use all rich in fiber vegetables you like more) ex. Cucumber, tomato, broccoli, cabbage, onion etc. (40 calories) ; 50g greek fat free yogurt with 4 spoon of flaxseeds (48 calories); 1 cup of milk coffee (fat free milk) (67 calories). Grilled chicken with backed potato and carrots. Broccoli cream soup with croutons. One apple. Pear smoothie You need:

1 cleaned pear 10 g ginger 1/3 lemon juice 70 ml water 1 tablespoon barley Mix them in a blender for 3 minutes. Barley is low calories and high in fiber. Extra fiber salad (216 calories): You need: 4 cherry tomato (20 calories) Rucola leafs 1 cucumber (40 calories) 1 tablespoon olive oil (39 calories) 1 tablespoon flaxseed (13 calories) 20 g tofu (54 calories) 1 cup beans (40 calories) 3 leaf green salad (10 calories). Monday: Breakfast (223 calories) 3 quail eggs (43 calories) 1 slice of brown bread (130 calories) 250g fresh salad: carrots and cabbage (50 calories) 1 cup of green tea Salmon with broccoli and brown rice. Fruit: one banana. Mushrooms cream soup with croutons. Carrot, beet salad(171 calories): 3 crushed carrots (63 calories) ½ crushed celery (14 calories) 1 small beet crushed (33 calories) 7 ml hemp oil (61 calories). Mango smoothie: You need: ½ cleaned pieces mango 3 leaves fresh mint 60 ml water 7 fresh or frozen strawberry 1 tablespoon flaxseed 1 baby banana Mix them in a blender for 4 minutes. Tuesday Breakfast (216 calories) • Omelet with spinach and onion (180 calories) • 1 slice of rye bread (18 calories) • 1 cup black tea Grilled chicken breast with brown rice onion, carrots and peas. Eat ½ pineapple. Carrots and potato cream soup. Papaya smoothie: You need: 1 banana 1 cleaned pieces papaya 70 ml fresh orange juice 1 cup spinach 1 tablespoon hemp seed Mix them in a blender for 4 minutes. Tomato avocado cucumber salad (111 calories) You need: 2 tomato halved (17 calories) 1 small avocado sliced (48 calories) 1 tablespoon extra virgin olive oil (39 calories) 1 tablespoon apple vinegar ½ tablespoon flaxseed (7 calories) Wednesday Breakfast (235 calories): • 1 small grapefruit (32 calories) 1 slice of rye bread (18 calories) • 2 boiled eggs (78 calories) • 1 red tomato (3 calories) + 1 cucumber (17 calories) • 2 slice of bacon (87 calories) • 1 cup of black tea Mushrooms salad (176 calories): 5 mushrooms sliced (16 calories) 4 olives (16 calories) 1 boiled egg (78 calories) 2 tomato (17 calories) 1 tablespoon vinegar 20g oat bran (49 calories) Celery, apples and horseradish puree with grilled herring. Eat one pear. Green smoothie: You need: 1 cup fresh baby spinach 1 kiwi ½ cleaned avocado 1 tablespoon chia seeds 75 ml water 1 baby banana Mix them in a blender for 3 minutes. Tomato cream soup with croutons. Thursday Breakfast (210 calories): 1 cup green tea • fresh fruit salad : 1 baby banana (48 calories)+ 1 kiwi (18 calories) + 1 apple (53 calories)+ 4 strawberries (9 calories) 50g greek yogurt free fat (35 calories) with 10g muesli (34 calories) and 1 spoon flaxseed (13 calories). Pasta with mozzarella, 2 tablespoon olive oil and basil with grilled chicken breast. Pumpkin cream soup with croutons. Beet salad: You need: ½ beet (33 calories) ½ onion (20 calories) 3 leaf green salad 1 cup endive chopped (14 calories) 1 tablespoon linseed oil (30 calories) 1 tablespoon olive oil (39 calories) 50g grilled chicken breast (87 calories) Strawberries smoothie You need: • 2 cups strawberry 1 apple • 1 plum • 1 tablespoon oat bran • 1 tablespoon flaxseeds • ½ cup water Mix them in a blender for 3 minutes. Friday Breakfast (230 calories) Mushrooms , spinach omelet (180 calories) 250g fresh salad: carrots and cabbage (50 calories) 1 cup of green tea Grilled mushrooms, broccoli and tomato with grilled turkey breast. Eat 2 kiwi. Seed salad (211 calories): You need: 2 tablespoon pumpkin seed (13 calories) 2 tablespoon flaxseed (14 calories) 25 g sunflower seed (82 calories) 1 carrot crushed (21 calories) ½ celery crushed (14 calories) 2 tomato (17 calories) Cauliflower cream soup with croutons. Pear smoothie. You need: • 1 fresh pear • ½ cup apple juice • 1 tablespoon fresh root ginger grated • 1 tablespoon wheat bran Mix them in a blender for 3 minutes. Saturday Breakfast: omelet with corn and mushrooms (185 calories). Grilled trout with spinach sauté. Eat one pomegranate. Blueberries smoothie You need: • 1 cup fresh or frozen blueberries • 1 kiwi • 1 tablespoon psyllium bran • 5 tablespoon fresh juice lemon • 3 fresh or frozen mint leaves • ½ cup water Mix all ingredients for 4 minutes. Beet and carrot cream soup with croutons. Tuna salad (173 calories): You need: 3 leaf green salad 50g tuna (94 calories) 1 small onion (25 calories) 2 tomato(17 calories) ½ pepper (17 calories) 1 tablespoon argan oil (27 calories) Water is essential for our bodies because it is in every cell and organ in your body. Getting enough water every day is important for your health and especially if you want to heal your hemorrhoids. You must drink minimum 2 liters of water per day – even 3-4 liters if you exercise.

Let's go the Natural Way for Curing Hemorrhoids

There are a few home remedies that will take care of your hemorrhoids and make sure you don't have to see a doctor anytime soon.

Tips to immediately stop bleeding, itching, burnings

As you read, use these simple remedies to your hemorrhoids, no matter how bad they are now!

1. Use warm water and a little soap to keep your butt area as clean as possible.
2. Because the natural Chinese cream for hemorrhoids will halt your pain, itching, burning, and even bleeding, I heartily recommend it. Visit this link to see it:
3. When treating hemorrhoids or piles, garlic is a fantastic natural cure. For internal hemorrhoids, in particular, use a small piece of garlic as a suppository. Use garlic as a suppository for your internal hemorrhoids; don't worry, it will naturally come out when you go to the bathroom.
4. Do the same with a cold compress on the anal region for fifteen minutes, twice a day.
5. Get up and walk about, particularly if you spend a lot of time seated at a desk.
6. Have a glass of fresh juice made from carrots and apples first thing in the morning, and drink at least two liters of water every day.
7. Make sure your diet is high in fiber. Salads are a regular meal, and oats are a must.
8. Another natural treatment for hemorrhoids is echinacea. Clean cotton should be used to apply the Echinacea extract to the afflicted region.
9. Since you probably have apple vinegar in your kitchen, take a little and use it.
10. Beebread is an extremely nutritious derivative derived from bee pollen. Take one tablespoon of beebread on an empty stomach first thing in the morning to boost your energy, heal allergies, shed pounds, and get rid of hemorrhoids. This is the most effective hemorrhoid-prevention advice I've seen in this guide. If you follow these instructions, use the Chinese cream, eat hemp seeds, maintain a good diet, and get regular exercise, your hemorrhoids—if not chronic—will be cured! Bee bread can be purchased online or from a nearby health store. 150 grams should set you back about \$10 to \$15, and that should last you two to three weeks.
11. You must eat meals high in fiber if you want your body to absorb more water.
12. Because oil facilitates food digestion, it is essential to a diet. Therefore, when making salads, use organic coconut oil or olive oil.

Foods to stay away from to treat hemorrhoids.

1. Steer clear of sweets! It is toxic to your health. Make an effort to break this habit. Add another sweetener, such as stevia, to your coffee.
2. Constipation is a side effect of some medications (antidepressants, iron supplements, heart medicine, etc.). Make an effort to stay away from them.
3. In situations of hemorrhoids, smoking should be avoided. Hemorrhoids and digestion are negatively impacted by this vice.
4. Steer clear of processed and harmful foods. Because fatty foods take longer to digest than other nutrients, they are bad for hemorrhoids.

5. Steer clear of booze! Although alcohol dehydrates the body, if you do drink it, make sure you also drink a lot of water.
6. Avoid anything dairy-based. Cheeses of all kinds cause constipation and should not be eaten.

Casein, which is found in milk, has been shown to exacerbate hemorrhoids. Greek yogurt is the only dairy product that I think is healthful. Whey protein puree is also acceptable. Additionally, if you want to drink milk with your coffee, try to stick to skim milk and avoid using too much. To be honest, you have to make some compromises if you want to treat your hemorrhoids. Avoid dairy items and use almond or coconut milk in place of milk.

Also follow these tips to cure your hemorrhoids:-

When the call of nature comes, heed it. Hemorrhoids occur when the veins in the anal area expand, swell, and stretch when pressure is applied. Consequently, attempting to push stools out may make the situation worse. Use the restroom only when you have a strong need to. This facilitates passage without applying excessive force. Keep your sitting time to a minimum. Sedentary lifestyles are frequently linked to hemorrhoids. Long periods of sitting put strain on your lower back, which in turn affects the veins surrounding your anus. If your work requires you to sit for extended periods of time, take a five to ten minute break and go for a stroll around the block. For the most relief from bothersome hemorrhoids, take a sitz bath. Pour some Epsom salts or alum into a tub of heated water. Spend ten to fifteen minutes in the tub submerging your hips and buttocks in water. By doing this, hemorrhoids' accompanying pain and swelling are lessened. For quick results, it has to be done three times a day. Use an ice pack to try to reduce swelling and pain. Don't put the ice directly to the affected region; instead, ferment the area with a few ice cubes in a bag. The cold ferment reduces the inflammatory veins surrounding the anus, which helps with the issue. The Chinese cream I mentioned before has the same effect.

It's also critical to keep your anals clean. Bleeding typically results from fissures that form in the hemorrhoid swellings. Since it's an open wound, cleanliness is essential. Use soft toilet paper, baby wipes, and adult wipes to thoroughly clean the area each time you use the restroom. Aloe is one of the chemicals in baby wipes that soothes and heals skin. Try not to move big objects or engage in excessively demanding activities whenever feasible. The lower body's veins are strained by it. Use a cushion beneath your bottom if sitting is difficult due to inflammation in the area. Many recommend perching atop an inflatable pillow in the shape of a doughnut.

There are a number of typical treatments for hemorrhoids too.

The most widely used and favored kind is petroleum jelly. To improve lubrication, put a tiny bit of petroleum jelly inside the rectum in addition to the outer ring. - Because of their antibacterial and restorative qualities, vitamin E oil, coconut oil, and castor oil can also be administered topically to the affected area. They provide assistance during pandemics. - Calendula, chamomile, and witch hazel are among the herbs that are administered topically as compresses or ointments. These not only alleviate the symptoms but also lower the likelihood of further outbreaks. As an astringent, witch hazel constricts blood vessels and lessens bleeding. A common ingredient in over-the-counter topical hemorrhoid ointments is witch hazel. - Aloe Vera is well renowned for its therapeutic qualities. To alleviate the symptoms, apply the pulpy extract directly to the afflicted area. - Another herb that works wonders for hemorrhoids is called "Butcher's broom" (*Ruscus aculeatus*). Box holly, knee holly, and sweet broom are some of its common names. It helps to narrow veins by activating alpha-adrenergic receptors. It is available as a capsule or as a tea.

Set it right with exercise

Few people know that one of the best ways to treat hemorrhoids is through exercising. Your daily routine should include exercise because it benefits the condition in a variety of ways. Firstly, it encourages bowel motions, which means you won't have to push yourself to use the restroom when you need to. This lowers the likelihood that it will happen again. Secondly, it lessens the pressure on the veins surrounding the anus by assisting in maintaining a healthy weight. You should arrange at least 20 to 30 minutes of aerobic activity. If you're not much of an exerciser, try walking or cycling for 30 minutes per day to start. Yoga is good for overall wellness as well as hemorrhoids.

Get a Good Night's Sleep

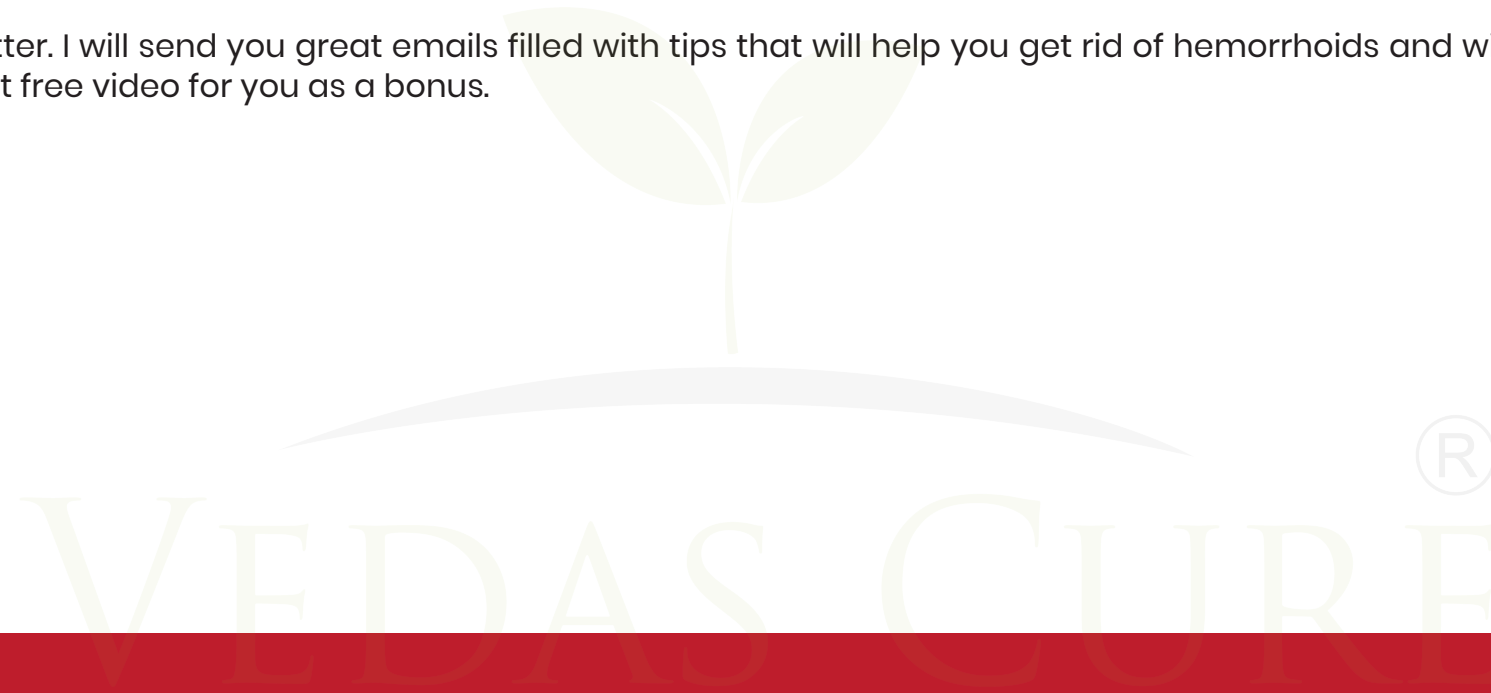
For this reason, it's critical to investigate strategies for encouraging restful sleep. To relieve strain on your back and lower body, you might lie on your side. If you're a normal person, you can reduce the swelling by sleeping flat on your stomach with a pillow under your hips. The body is significantly impacted by stress as well. It messes with digestion, bowel motions, and sleep, which leads to a lot of issues. Stress has become an essential part of our lives and is hard to totally eradicate. The key is to understand how to successfully handle stress so that it doesn't negatively impact your health. Stress management methods include brain gym exercises, yoga, and meditation.

Over-the-counter Products to the Rescue:-

Hemorrhoids can be removed using natural therapies, but it takes time. Natural ingredient-based creams and gels can be quite beneficial as they assist to significantly reduce swelling and relieve other symptoms including burning, itching, and discomfort. The Natural Ointment Cream that I previously described is one such remedy that can genuinely provide long-term treatment. This Chinese medicine is made entirely of natural ingredients and is a lifesaver for hemorrhoids. The anal cavity's enlarged veins are reduced in size as a result of its action. The size of the lump has significantly decreased if you were able to feel it before. Furthermore, it aids in the removal of the rotting tissue and then encourages tissue regeneration in the afflicted location. It seals wounds and eases the discomfort and itchiness that come with hemorrhoids. It's a cream, or ointment, depending on your preference, with a rose hue. You can feel the cool hint when you apply it. The pain is temporarily lessened by this cooling effect. After application, you will see effects in a day or two. You'll be happy you tried it, in fact. Those who have utilized it as well have noted a notable decrease in recurrences. You won't be afraid to use the restroom again if you keep Mayinglong Musk Hemorrhoids Ointment Cream on hand. Avoid Waiting Until It's Too Late! Hemorrhoids can be cured by using these natural therapies. If your hemorrhoids are extremely painful and bleeding excessively, you should consult your doctor as early as possible to prevent it from developing infection.

Recommendations:-

1. Go ahead and watch the video here -> Hemorrhoids System that helped me , as it shares a great story that will boost your confidence in the battle with hemorrhoids. It is the same system that helped, so go ahead and check it out!
2. Check and buy the It is the first step in curing your hemorrhoids as it will stop bleeding, itching and burnings, and help you fix discomfort. Check it in this link Chinese Hemorrhoids Cream.
3. Follow the tips from my ebook, mostly the diet ones. Get yourself bee bread, hemp seeds and eat as many fibers as you can, while at the same time, drink over 3 liters of water daily!
4. Join my newsletter. I will send you great emails filled with tips that will help you get rid of hemorrhoids and will make you healthy. Also, I have a great free video for you as a bonus.



Regards and best of luck!

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