

Eating for Hemorrhoids

If you have hemorrhoids, you probably want to get rid of them. There are several options open to you. Any of these options can be used to treat the bleeding and the pain you may be experiencing. One of the more effective options in the treatment of hemorrhoids is the use of diet. By finding the right foods and balancing your diet you can help your digestive system to get back on track and begin to function normally.

Hemorrhoids are caused by extra pressure and strain on the blood vessels near the area of the anus and rectum. They can be either internal or external # both of which can cause bleeding. Hemorrhoids can also cause pain, especially if they are severe. The pressure that causes hemorrhoids can come from constipation, pregnancy, and other sources.

If you have or have ever had hemorrhoids, it is a good idea to change your diet in order to relieve the pressure on the blood vessels in the area of your rectum. This is especially important if your hemorrhoids are caused by constipation. Even if hemorrhoids are removed with surgery, they can come back if you do not maintain a proper diet. If you experience chronic constipation the pressure will soon return and affect other blood vessels around your rectum.

The best way to keep pressure off of the rectal area is by eating more fiber-rich foods. The more fiber in your system, the better your digestion. There are several types of food that are high in fiber. You can help resolve your problems with hemorrhoids by including these foods in your daily diet. Even if you have hemorrhoid surgery, you will need to maintain a healthy high-fiber diet in order to prevent a reoccurrence of hemorrhoids.

One of the readily available sources of fiber is from whole grains. This is especially so if you eat a lot of breads and cereals. Bran is also a good source of fiber. These sources of fiber help your body to continually process food through the digestive system. If you do not like to eat wheat products, you can try adding more fruits and vegetables to your diet. Foods like asparagus, brussels sprouts, cabbage, carrots, cauliflower, corn, peas, and parsnips are excellent sources of fiber. Adding these to your diet can help you to fight hemorrhoids naturally.

Another important factor to consider in the fight against hemorrhoids is how much fluid you are consuming. Water should be an important part of your daily diet # though not necessarily eight glasses a day, which is a myth not supported by science. You can also drink fruit juices and other healthy beverages to keep yourself well hydrated. Doing so allows your digestive tract to keep moving. If you drink caffeine, such as from coffee or tea, moderate amounts count as good liquid, but too much caffeine robs your body of nutrients.

If you are seeking hemorrhoid treatment, or are trying to keep them from coming back, then keeping your diet healthy can help. By eating plenty of fiber and drinking plenty of fluids you can keep from having problems with hemorrhoids.