

## How to Cure Constipation and Hemorrhoids

By constipation hard stool assembles in the lower colon or rectum without coming out in due time. This causes the stomach region to engorge, causes diffuse discomfort and sometimes sharp pain. When the hard stool eventually pass out it can overstretch the tissue in the anal region and tear up the mucosa and skin in this area.

Hemorrhoids are dilated veins in the anal area. They often get infected and inflamed, making them even more engorged and causing itching and other uncomfortable feelings. Inflamed hemorrhoids often rupture and cause bleeding and sharp burning sensations.

Prolonged or frequent constipation often causes hemorrhoids by increasing the pressure in the anal region. To treat hemorrhoids effectively, the constipation must be treated simultaneously. Here are some measures to cure constipation and hemorrhoids:

Your diet must contain fiber in each meal, since fiber stimulate the bowel to work better and empty itself in due time. Food sources containing fiber are full corn cereals, full corn bread, vegetables and fruit.

Your diet must contain the right amount of fat. Too little fat makes the stool hard, too much can irritate the digestion. Vary between these natural fat sources: Fat fish, almonds, olive oil, rape oil, canola oil and flax oil. The fat type in these oils alleviates inflammations in the digestive system. In addition you should consume some, but not too much of these fat sources: Nuts, sunflower seeds, avocados, eggs, spawn, sunflower oil, corn oil and soy oil.

Drink enough water, since water makes the stool softer.

Eat regular meals each day. Do not overfill your stomach at each meal. It can be better to eat four or five smaller meals that three larger.

Go to the toilet every time you feel the urge to pass stool. Relax at the toilet and let it all get the time to pass out. Try to avoid straining to pass the stool out. To ease the passing of stool you can smear the anal opening with vaseline or with special ointments made for this purpose.

Two tablespoons of linen seeds each day for some time can loosen the stomach content and help to alleviate constipation and hemorrhoids. Let the seeds lie in water one hour before swallowing both the seeds and the water with the dissolved mucus from the seeds.

By hard constipation, it can be useful to take a small or middle sized enema a couple of times each week. You can buy enema ampoules that are easy to use for this purpose. The content of these ampoules not only loosens the stool, but also stimulates the bowel to empty itself. A very great enema can however increase the intestinal pressure and worsen the hemorrhoids.

Two or three cups of coffee or tea each day stimulate the intestines to work better and counteract constipation. Too much, however, can irritate the stomach, can cause bloating, and thereby worsen constipation and hemorrhoids.

Use strong spices in your food like cayenne, chili or ginger. These spices stimulate the tissue in the digestive system to heal. Too much of these spices can however irritate your digestive system.

Regular exercise will stimulate your intestines to work more effectively and this way counteract constipation and hemorrhoids.

Take also some time each day to stress down and relax. A nervous system in a stressed mood sends fewer signals to the digestive system to work, and the digestive system slows down its function. Meditation is a very effective way of stressing down that also stimulates the digestive organs to work better.

You can alleviate acute hemorrhoids by applying topical ointments in the anal region. These products will do several simultaneous actions: Lubricating the anus to pass stool more easily, alleviating inflammation, killing bacteria infecting the hemorrhoids, stimulating tissue healing and alleviating pain.

You can also use oral drugs to treat hemorrhoids. The actions of these are: Stool softening, stimulation of intestinal movements, stimulation of tissue regeneration, anti-inflammatory action and pain relief.

Some of these oral or topical products are pharmacological drugs. Others are based on natural plant fibers, herbs, natural oils, vitamins and minerals.

Some of them combine natural agents with synthetic chemicals.

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#### About the Author

Knut Holt is an internet consultant and marketer focusing on health items. To find natural drugs to treat constipation, hemorrhoids and stomach problems, please visit: <http://www.abicana.com/shop2b.htm> To see a menu of other products and advices to treat diseases and improve general health, please visit: <http://www.abicana.com>