



What are Hemorrhoids?

Hemorrhoids are also known as piles, is commonly misspelled as "hemroids", and refer to a condition in which the **veins and tissues** around the lower rectum and anus become **swollen and inflamed**. Hemorrhoids are itchy, cause pain, and bleed.

When there is pressure on the walls of the rectum, the muscles that support the hemorrhoidal vessels are weakened. These vessels become **enlarged and lose their support**.

The result is a sac-like protrusion of dilated veins inside the rectal canal called internal hemorrhoids, or under the skin around the anus called external hemorrhoids.

Types of Hemorrhoids

Internal Hemorrhoids

Internal hemorrhoids are located high up **in the anal canal** and are not visible. The most common symptom of internal hemorrhoids is bleeding.

If internal hemorrhoids push through the anal opening while straining during a bowel movement, this is called a **prolapsed hemorrhoid**. It is painful and often difficult to push back into the rectum.

External Hemorrhoids

External hemorrhoids occur **outside the anus and are visible**. They are enlarged veins covered by skin and are blue in appearance. They are often not accompanied by symptoms.

However, when they are inflamed, they become red, tender, and can bleed. Blood clots can sometimes form inside an external hemorrhoid.

When this happens, it is called a thrombosed external hemorrhoid. This type of hemorrhoid is a firm, tender mass in the anal area, usually as small as a pea, and causes severe pain.

Diagnosing Hemorrhoids

The diagnosis of hemorrhoids is based on a **rectal examination**. To diagnose

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internal [hemorrhoids](#), the doctor will insert an anoscope – a thin, lighted tube to view the lower rectum. A proctoscope is used to examine the entire rectum.

In addition, a **colonoscopy or sigmoidoscopy may be performed** to examine the inside of the colon and rule out any other causes of gastrointestinal bleeding.

What are the Symptoms of Hemorrhoids?

The symptoms and signs of [hemorrhoids](#) include:

- Blood covering the stool or on toilet paper after wiping
- Incomplete bowel movements
- Excessive straining or [constipation](#)
- Painful swelling or hard lump around the anus
- Rectal itching

What Causes Hemorrhoids?

[Hemorrhoids](#) may **occur at any time in men and women** but generally become more common with advancing age, during pregnancy, and in women who have had children.

Causes of [hemorrhoids](#) include:

- Genetic predisposition
- [Constipation](#) and straining during bowel movements
- Prolonged sitting
- Diarrhea
- Pressure and strain due to standing for long periods
- Lifting objects that are too heavy
- Vomiting
- Pregnancy
- [Coughing](#)
- Sneezing

Maintaining an **active lifestyle**, combined with a **high-fiber diet**, is essential components to prevent [hemorrhoids](#).

Help and treatment for Hemorrhoids

The [treatment of hemorrhoids](#) is aimed at **relieving and reducing symptoms**.

Holistic and natural hemorrhoids treatments are also effective way to ease discomfort. [Treatment of hemorrhoids](#) includes herbal and homeopathic remedies which contain natural ingredients and are **gentle to use without the risk of dependence**.

Herbs such as Aloe ferox act as a **natural stool softener** and are a gentle remedy for constipation, which is a common cause of [hemorrhoids](#). Aloe is also widely recommended for inflammatory digestive disorders. Taraxacum officinale



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

(Dandelion) contains bitter principles which have a beneficial effect on the liver and digestive system. In addition, Passiflora incarnata is one of nature's most well-regarded carminatives, and helps to **provide [hemorrhoids](#) relief and ease muscle tension in the bowel.**

There are also many herbs well known for their beneficial effect on circulation, including Ginkgo biloba, Crataegus oxyacanthus, and Gotu cola, while herbal creams can **assist with the itching, inflammation, and [hemorrhoids](#) relief.** Always remember to obtain your natural medicines from a reputable company to ensure maximum safety and efficacy.

Self-Care Alleviation and Treatment of Hemorrhoids

There are many natural [hemorrhoids](#) self-care measures that can help to alleviate and serve as effective, gentle [hemorrhoids](#) treatments and provide [hemorrhoids](#) relief.

- **Bathe in a warm tub of plain water** for about ten minutes to soothe and ease the pain and discomfort
- **Use ice packs** to help reduce swelling
- Apply petroleum jelly, cortisone creams, hemorrhoidal cream or suppositories to the affected area for a limited period to relieve the itch and pain
- **Increase your intake of fiber** such as fruit, whole grains and vegetables into your diet
- **Drink at least six to eight glasses of water** daily for softer, bulkier stools
- Wear **cotton underwear and loose clothing** to avoid irritation and discomfort
- After bowel movements, **clean the anus area gently** by patting with moist toilet paper, pads or even 'baby wipes'

Your doctor may prescribe acetaminophen or aspirin to relieve pain. Bulk stool softeners or fiber supplements are also recommended to soften stools. In more severe cases when natural [hemorrhoids](#) care isn't enough, [hemorrhoids](#) treatments may include endoscopically or surgically to destroy the hemorrhoid tissue.

Surgical Procedures for Hemorrhoids

There are procedures to remove [hemorrhoids](#), such as laser treatment or use of a harmonic scalpel. [Hemorrhoids](#) treatments for internal and external tissues includes procedures such as rubber band ligation, injection sclerotherapy, infrared photocoagulation, photocoagulation or ectomy may be performed. If a thrombosed external hemorrhoid develops, drainage of the hemorrhoid or a ectomy is recommended.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed

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according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic



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medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Some pharmaceutical companies have even rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Circu-Live: For circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free.

Circu-Live is a 100% safe, non-addictive, natural herbal remedy formulated by a team of experts in the field of natural medicine, Circu-Live has been used for many years to safely maintain **health and systemic balance of the circulatory system.**

Containing a selection of herbs known for their **supportive function in maintaining circulatory health** and well being, Circu-Live remains true to ensuring the bio-availability and balance of active ingredients contained in the remedy, while significantly reducing the likelihood of side effects.

Circu-Live **supports functioning of the cardiovascular system**, thereby helping to maintain healthy circulation of the blood through veins and arteries to all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

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Natural Moves: Treats constipation naturally without the risk of side effects.

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)

Natural Moves 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts in convenient tablet form. The herbs used in Natural Moves are specially selected to promote regular bowel movements and healthy digestion. It also acts as an effective liver tonic, therefore **safely addressing the health and functioning of the bowels and their role in routine waste elimination.**

While some traditional herbs are not suitable for regular use due to their excessively strong purgative effects, Natural Moves uses herbs that are **effective yet gentle** enough to promote regular open bowels through **promoting health in the digestive tract.**

Natural Moves can be used as part of a **gentle detox program** to safely cleanse and flush out the system and to **promote a healthy bowel movement when needed** in times of sporadic hardened stools – thus supporting the body's natural ability to remove toxins and waste by-products, **without harmful side effects.**

The formula remains true to the **full spectrum method** of herbal manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Natural Moves can also represent a wonderful start to any new program to stop smoking, or address healthy weight issues by **promoting normal, healthy stools-- thus cleansing and refreshing the digestion system** and removing waste from the body.

[Learn more about Natural Moves](#)

Read the testimonials for these quality products [here!](#)

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