

Keep Active - Prevent Hemorrhoids

Exercise is the antidote to so many ailments, including [hemorrhoids](#). As noted in many other articles, people are more likely to get [hemorrhoids](#) as we age. And as we age, we may become less physically active. And according to research, males are more likely to suffer from hemorrhoids than females.

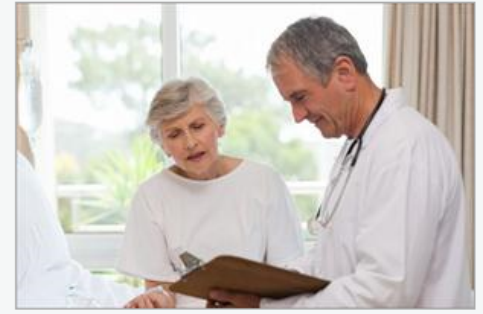
The reason exercise helps prevent or treat hemorrhoids is any kind of physical activity will increase blood circulation, efficiently disseminating nutrients to every part of our body including the anus. Nutrients are essential to be able to strengthen veins in the rectal area. Also, regular exercise helps the digestion of food, thus allowing the food to pass through the body easier.

- Research has shown that people with powerful muscle tone are less likely to develop hemorrhoids.
- Simple activities to increase muscle tone are walking, boating, yoga, or perhaps aerobics.
- The easiest is jogging for a minimum of 20 minutes a day

Lifting heaving items can aggravate hemorrhoids, so resistance training, which adds pressure to the rectal veins (unless done correctly), should be avoided.

Bike using may be another exercise to prevent when you are in pain and it hurts to sit as a bike seat may cause painful irritation to the hemorrhoids.

Addition to the above types of exercise here are a couple of simple routines which can be done anywhere, anytime.



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Hemorrhoids and Exercise: Some good Info Hemorrhoids and exercise are probably two words which a lot of people don't really relate with one another. The former is a condition that is painful, annoying, and embarrassing for most people to deal with. The latter is physical exertion that s...

Buttocks Press

Contract as well as relax the bottom muscles. Purpose is to make the sphincter area stronger and better toned.

Standing Erect Pose*

Gradually rise on the toes while raising the hands slowly coming from the side arms extended, until they are high above the head. Then bend forward as if trying to touch the floor with the finger tips. This done several times each day (for 2 to 3 minutes) will lift the sphincter muscle tissue and is a remedy for hemorrhoids.

- So bottom line - get moving.
- You will start to feel better, find relief and possibly heal your hemorrhoids.

For more information about natural and organic hemorrhoid treatments, visit [Natural Hemorrhoid Treatment](#)

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