

## An Active Approach to Hemorrhoid Relief

Anyone can get hemorrhoids, but people who are active -- cyclists, weightlifters, gymnasts, catchers, coaches &ndash; may suffer from them more than others.

Hemorrhoids are varicose (swollen or dilated) veins located in and around your anus. These veins help us with continence -- our ability to control urination and bowel movements. When they get inflamed, hemorrhoids bleed, swell up and can even prolapse.

Why are active people more likely to suffer? Hemorrhoids can become more painful because of irritation or rubbing, by pressure on the anal canal, even by dehydration and diet.

A cyclist might use a seat that doesn't quite fit right, or wear shorts that are too tight. A gymnast or weightlifter might apply excessive abdominal pressure when straining. A catcher's squat might put pressure on the anal walls. Even a coach's long period of standing in one position could cause hemorrhoid flare-ups.

The most common factor among all hemorrhoid sufferers is diet. A balanced diet is key to preventing and managing hemorrhoids. General recommendations for all active people, from marathoners to weekend warriors, include:

- Increase fluid intake, whether water or sports drinks.
- Add fiber-rich vegetables to your diet.

Another active step you can take to get back in the game? Keep records. Monitor how much water you're drinking, your bowel movements, and how much rest you're getting. Use a stool softener and a drug-free ointment before bowel movements to ease the discomfort. An unspoken factor in hemorrhoid inflammation is personal hygiene. So simple things like keeping wipes handy will help you deal with flare-ups. You can also consider taking up swimming, an activity that seems to have a soothing effect on anal tissue.

Being active only makes the pain worse.

While hemorrhoids themselves may be painful, the pain gets worse whenever you move. That's because moving your legs or thighs causes your butt cheeks to rub against your already inflamed hemorrhoid anal area -- one of the most

sensitive areas in your body. This rubbing helps explain why why your hemorrhoid pain becomes more severe, and your hemorrhoids may not heal as fast as they should.

For hemorrhoid relief, Anuleaf AD is in a league of its own.

The only hemorrhoid treatment that directly addresses the rubbing problem is Anuleaf AD. By separating your cheeks, Anuleaf AD not only relieves pain immediately &ndash; it also helps you heal faster. No more pain, and no more time and money spent on treatments that don&rsquo;t work.

If you are active &ndash; whether doing simple workouts or running the marathon &ndash; Anuleaf AD is the only product that can relieve pain immediately.

Why sit on the sidelines a minute longer? To get back in the game, order Anuleaf AD right now, for prompt delivery.