

Bioflavonoid as a Cure for Hemorrhoids

Hemorrhoids are an often-embarrassing condition that can be difficult enough to talk about, much less to treat successfully. Fortunately, although there is no definitive cure, there are more available treatment options for individuals afflicted with the often painful condition. Some of the most promising treatments are much more natural and less harsh than conventional treatments. One of the more popular natural treatment options for hemorrhoids includes the use of bioflavonoids, since they can provide relief with little or no side effects.

You may have learned about bioflavonoids at your local health food or nutrition store. These plant compounds have recently earned a very positive reputation. Bioflavonoids refer to the natural pigments found in vegetables and fruits. Researchers have identified hundreds of different bioflavonoids, with a great number of these coming from citrus fruits. Although they have gained a good reputation for purportedly promoting good health, there still is not enough conclusive research. Some people call bioflavonoids vitamin P, but many researchers and scientists object to this label. They argue that there is not yet enough scientific research to support calling bioflavonoids an essential part of a healthy human diet.

Because of their purported health benefits, many researchers have begun championing the consumption of bioflavonoids. Promoting clotting action, preventing free radical damage, as well as potential cancer-fighting properties are several of the healing benefits to which they have been inconclusively linked. Bioflavonoids may prove particularly helpful for patients who suffer from hemorrhoids because studies of bioflavonoids have indicated that they are able to maintain and heal capillaries, the tiny blood vessels that transfer nutrients, oxygen, hormones, and antibodies from the bloodstream to the body's organs. Hemorrhoids occur when there is an inflammation of some of the body's capillaries. Thus, it might follow that ingesting enough bioflavonoids can help your body counteract the hemorrhoid-inducing inflammation.

Some researchers and nutrition scientists have recommend the use of bioflavonoids as a hemorrhoid-treatment method. In order to integrate bioflavonoids into your diet, try supplementing your diet with lots bioflavonoid-rich food, especially fruits and vegetables. Foods high in bioflavonoids include citrus fruits such as oranges, lemons, and grapefruits. Also high in bioflavonoid content are apricots, cantaloupes, black currants, grapes, blackberries, and cherries. Vegetables rich in bioflavanoids include broccoli and green leafy vegetables. Additionally, rutin is a popular bioflavonoid found in some wheat and plant products. Bioflavonoid supplements can also be purchased at your local natural health food store.

Bioflavonoids have been reported to be most successful for individuals who suffer from mild to moderate hemorrhoids. There are studies that claim that they can be remarkably effective in reducing common hemorrhoid symptoms. Through the steady ingestion of bioflavanoids, pain, discharge, and anal discomfort caused by hemorrhoids can be eliminated.