

## Best Natural remedies for Hemorrhoids

**W**hen it comes to **hemorrhoids** treatment, a lot of people are more comfortable using natural treatments instead of medical or surgical. Based on the testimonies of these people, one can truly say that they have succeeded in using the natural procedures because they had really sought respite from the condition through it.



### Click to Get Rid of **Hemorrhoids** in Less Than 48 Hours

However, it is still advisable to be able to consult your doctor on the natural cure that you are planning to make use of. In this manner, there will be no drug interactions and that pre-cautionary measures will be noticed.

### Cures Will Come in the Form of Dietary Supplements and Herbal Medicines

Its certain effects include strengthening of hemorrhoids tissues, making it to withstand all the pressures that directs in the direction of it. Herbs such as horse chestnut, bromelain, grape seeds draw out, butcher's broom, and flavonoids can help ease pain from hemorrhoids. Drinking pure aloe juice is also said to be effective in easing pain and itchiness.

- Another form of natural treatment is also the application of lotions as well as solutions together with natural ingredients in it.
- Cream or creams that have natural solution such as aloe vera, honey and cranesbill can be dab on the affected area to minimize burning sensation.

### Another Natural Cure for Hemorrhoids is by Taking Tub Baths Several Times a Day

Sitting on lukewarm water for ten to twenty minutes can help relieve pain and irritation. The "hotness" of water can also help elevate chances of the hemorrhoids to shrink. The water should as hot as you can stand it. After taking tub baths, affected area needs to be pat dry to avoid moisture sticking into the swollen tissue. A hemorrhoid product can be applied after. Drinking cups of strong chamomile tea can also be a good remedy for the hemorrhoids.

### Click in Order to Get Rid of Hemorrhoids Within Just 48 Hours

Another natural way of treating the problem is to develop and maintain a fibrous diet. Fibrous diet includes eating green leafy vegetables, rice, cereals, fruits, dried peas as well as whole grains. Fibers are said to be excellent aids for digestion. It ensures clean and soft bowels, which are just being needed for a smooth and easy **bowel** movement. A person who has this condition cannot afford to endure the pain of constipation. Constipation is brought by large and dry bowel resulting to intense pushing (or straining) in the course of defecation. The intense pressure in constipation might cause rupture and bleeding of hemorrhoid veins.

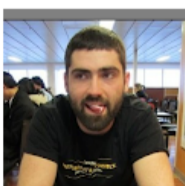


HemorrhoidsBowelHemorrhoid

- Drinking adequate amount of water daily can reduce the chances of getting the condition or preventing it from difficult.
- Whether an individual is suffering with hemorrhoids or not, it is still very ideal in order to drink at least eight (8) glasses of water daily.
- Water is an essential element in the body.
- Aside from making blood circulation regular, it also help in cleaning the walls of the intestines as well as making bowel movement smooth and easy.

### To Cure It or to Prevent this from Worsening, Avoid Cleaning the Rear End Too Often

People have this belief that in order for it to be able to heal faster, the anal canal or rectum should be cleansed all the time. Excessive rubbing of the rectum might lead to further irritation and a smaller amount chances of rapid healing. It is ideal to just gently clean the rectum twice a day with cream mixed with witch hazel. Petroleum jelly and other lubricants can also help the it to be able to heal itself.



“ **Hilton Marsh**

*Hilton is a marketer at weddeldirect.com, a web site about health, lifestyle and fitness. Last year, Hilton worked as a consultant for a health company. When he's not researching content, Hilton enjoys backpacking and rock climbing.*

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