

# Get Rid of Hemorrhoids with Natural Hemorrhoids Cure

**H**emorrhoids or piles affect up to 50% of people and frequently amongst middle age people. If you are one of them, surely you would want to know how to cure hemorrhoids. Of course, if you prefer, you might also want to use natural hemorrhoids remedy to get rid of hemorrhoid piles.



However, first of all you need to understand that hemorrhoid piles could be caused by different reasons or due to certain conditions. If you are able to identify the cause of your hemorrhoids, you are more likely to tackle it more effectively so that you'll be less likely in order to have them once more in the future.

- One of the major contributing factors can be your bowel habits.
- This could be frequent constipation or the totally opposite, which is frequent diarrhea.
- Any irregularity with your bowel movements can trigger the growth of hemorrhoids.
- Constipation is the most common cause of hemorrhoids.
- Prolonged sitting or standing can also lead to hemorrhoid piles because these positions place unnecessary strain to the bowel region.
- Other main causes include obesity, excessive use of laxatives, pregnancy, lifting of heavy objects, eating fiber-deprived diet, etc.

So, what are the general natural hemorrhoids remedy methods you can use to remove hemorrhoid piles?

- Eat a healthy diet.
- Cut down on processed foods, you need to include more cereals, fruits and vegetables into the diet.
- Up your water intake.
- Reduce salt intake.
- Too much salt in your diet leads to your body to retain fluid, thereby leading to herniated veins.

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**Hemorrhoids Advice - Cures & Treatments** In today's ever-so health conscious culture it seems that everyone around me is eating the right food and doing the most exercise, yet no-one has any information on much more private health issues and also in my case, hemorrhoids. Due to the...

To relieve hemorrhoid symptoms, soak in a tub of warm water for about ten minutes.

## When Using Toilet Paper, Reduce With a Bit of Water First to Make It Softer.

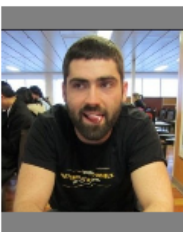
Try treatments for hemorrhoids, such as applying aloe vera gel on the affected area to lessen burning and pain sensation, or even witch hazel to shrink the swollen veins, or Butcher's Broom in order to help with the healing process.

Apply cold compress, i.e. place ice packs on the afflicted area to reduce the swelling.

- There are also over-the-counter hemorrhoid treatments available, but most of them utilize synthetic chemicals to treat the situation.
- Although these treatments might ease the pain, but be aware that the relief will only be temporary.
- To alleviate hemorrhoid piles completely, you need to eliminate the root cause of this condition and not just the symptoms.

Compared to OTC treatments, natural hemorrhoids cure options are less costly, effective and safe, making it a more cost-effective hemorrhoid cure solution. Making lifestyle changes and taking herbal supplements may provide some help if you want to get rid of this problem forever. Take a look at this Hemorrhoid Miracle review for more information.

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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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