

# I Cured My Hemorrhoids - Fast and Natural Hemorrhoid RELief

**A**m 38 years old and have always been very active all my life, following a fairly good healthy diet and taking part in a number of sports activities. Overall, I would move myself to be in good health, with a positive outlook on life.

- Approximately 3 years ago, certain aspects of my job changed, therefore I was forced to change certain routines in my entire life.
- I was presented with a new mandate, which meant there was a lot more travelling between cities involved.
- This in hindsight intended higher stress levels, as well as the beginning of a slip in my usually healthy diet.
- When you travel, you tend to fall into the trap of junk food, due to the convenience.
- Who feels like cooking anyway, after a day at a client's business office or a conference in a strange city, once you go back to your hotel room?



Did not notice it at first, but I started putting on weight, as my normal exercise routine was also being disrupted. My **hemorrhoid** condition started as no more than a small discomfort and irritation throughout **bowel** movements. I did not think much of it, and there was my first mistake.

- **Hemorrhoids** is one of the natural way's your body is telling you that there is a good imbalance.
- This could be due to stress, lack of exercise, bad diet, constipation as well as being overweight.
- There are a number of other factors, but the one's I mentioned, tend to be the main culprits.

## Four Weeks Later I Started Experiencing Quite a Bit of Pain When Going to the Toilet

Subsequently I also observed spots of blood on the toilet paper as well as on the stool. As you probably already know, these are two very common symptoms due to hemorrhoids. My first reaction was to wait it out, because in some cases hemorrhoids do disappear after a while, but only if you take action, at least preventative measures immediately.

## This Has Been My Second Mistake

Inside another 3 months, the pain in the course of bowel movements became more intense and unbearable. Daily activities such as walking, sleeping and even driving where also being affected, because of the all round discomfort experienced .I went to my local pharmacy and chose one of the more famous **hemorrhoid treatment** creams.

## Straight Away I Started Treating Myself

The cream did have an immediate soothing effect and the hemorrhoids gradually receded. I thought I had fixed the problem and was able to resume daily basic functions with out an excessive amount of disruption.

- Wish I had known at the time, that these creams generally just focus on the symptoms, not the real cause.
- As my personal problem improved, I stopped using the cream.
- Then my hemorrhoids returned and they were even worse than ever.

## Natural and Quick Hemorrhoid Cure [Http://Www.Hemorrhoidreliefsecret.Info](http://www.Hemorrhoidreliefsecret.Info)

Is important to understand, that hemorrhoids are blood vessels in your anal area that are painful and swollen. Occasionally, they can burst, that is when you will experience bleeding during bowel movements. All these creams do, is calm the immediate area that is afflicted. They do not heal and strengthen the lining around the blood vessels, consequently allowing hemorrhoids to go back. I was in a panic, as the situation became more severe.

After a visit to my doctor and a prescription for additional topical treatment products, I feared that at some point I would have to undergo hemorrhoid surgery. A painful, expensive and invasive procedure. It was at this point that I met a friend of mine during a chance encounter at the area store.

## He Could Clearly See I Was Distressed and in Pain

I opened up to him and discussed my situation, trying to find comfort and possibly suggestions upon any alternative steps I could take. This particular friend of my very own, Jeffrey, has researched a number of natural and holistic treatments that are available for an array of conditions. This prompted me to find his advice.



## HemorrhoidsHemorrhoidBowelHemorrhoid TreatmentNatural

- He explained how hemorrhoids are a reaction by the body to an imbalance.
- This might be caused by a lack of fibre in a diet, resulting in chronic constipation, obesity, lack of fluids in the body and stress.

*Firstly, he gave me some general tips to begin the healing process and treat the root cause:*

- Drink at least 8 glasses of water a day, as this keeps the body saturated, preventing hard stool.
- If a diet has a lack of fiber, you can get fibre supplements at your local pharmacy.
- Exercise and ensure your body is healthy overall.
- He then also suggested I try a new **natural hemorrhoid treatment** that has been developed.
- It focuses on the root cause and is based on a holistic approach.
- It was known as H miracle.
- Not having anything to lose, I took his advice.

After doing some further research, I pointed out that H miracle had a fantastic support system and a proven track record of success.

- Within 8 days after I began the treatment, my hemorrhoids had virtually vanished.
- I can't tell you how fantastic I felt, I was able to take my life back.
- It is now at least a year later, and my hemorrhoids have never come back.

## The Suffering I Experienced Was Very Distressing and Affected Every Aspect of My Life

I am writing this to share with you my story and permit other sufferers to find the same relief I did. The main element is to treat the root cause, not necessarily the sign. This cure does exactly that. Do not ignore the signs, do something now. Find out more about this innovative new treatment, it will change your life within days.

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