

# Cure Hemorrhoids Naturally

**Y**ou are suffering from **hemorrhoids** your primary objective at that time may not be to cure them naturally but to find a product that can offer respite from the pain and discomfort in a hurry. There are a number of over the counter treatments that can offer relief, but commonly only temporarily, and these treatments are not necessarily the best for your body. There are also a number of treatments that offer the same relief that are made from natural extracts or creams made from these extracts, that will almost certainly be better for you body as a whole.

However, you should not lose sight of the fact that all these products are only people for relief and may not offer a longer term remedy to the problem and other action may need to be taken in order to cure **hemorrhoids**.



You are interested in using more natural remedies than the over the counter products to find the relief you will need, you could consider using an Aloe vera gel. Aloe will help to soothe skin conditions generally and can also be used on hemorrhoids. You may also want to use the natural astringent Witch Hazel. It has been known to help with the swelling of hemorrhoids. Put it to use a few times per day, as the recommended daily amount listed on the package. It is important to use either of these after a **bowel** movement as long as you sufficiently clean the area before applying the witch hazel. In the event that you are in a severe pain this may not be as easy as it sounds, as well as in this circumstance you should clean the area as best you can.

There are also natural herbs that will help to cure hemorrhoids naturally as they have been known to help with strengthening blood vessel walls and improving overall blood circulation. This is important for hemorrhoid victims because hemorrhoids are blue veins that are swollen and better circulation and also durability will help to heal them. Two of these herbs tend to be butcher's broom as well as horse chestnut. They will help in providing immediate relief and also can help in reducing the likelihood of further flare ups.

## Butcher's Brush (Ruscus Aculeatus)

Butcher's Broom is a natural treatment for hemorrhoids for a long time that originated in The European Union (and named because its stiff twigs were bound together and also used by butchers to keep their lowering boards clean!). It works by helping to increase your blood flow. Butcher's brush you can be used as an ointment, drunk it as a tea, or taken as a capsule or pill. That will give you anti-inflammatory effects and help to heal inflamed hemorrhoids. It must be noted that this solution is not ideal for those suffering from high blood pressure or pregnant women.

## Horse Chestnut

Horse Chestnut is another herb and works in a similar fashion to butcher's broom. It has different kinds of natural ingredients but will increase circulation by helping to build up strength in blood vessel walls. Part of the horse chestnut plant is poisonous but if you are buying it from a store in pill form or as a tea it will clearly be safe to use. This remedy should be avoided by those with allergies or blood difficulties.

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*Hemorrhoids Heat Lamp Cure - How to use It and Treat Your Hemorrhoids Hemorrhoids as we all know it is associated with constipation or any form of strain experienced by the rectal muscles, when carrying out the wastes during bowel movement. The strain or stress causes muscle agitation that can lead to the swelling of...*

- For preventive measures to stop the hemorrhoids returning, you should also consider making a few simple changes to your diet and lifestyle.
- The following will help in treating hemorrhoids naturally without having to change your lifestyle or diet in a drastic way.

## For Diet Try Your Best to Avoid Processed Foods

These days it is fairly difficult to avoid them altogether but avoiding them as much as possible will help with your current digestive health. Staying in touch your fluid intake, but avoid the level of caffeine based drinks, will also help. However, most important of all is increasing the amount of fiber that you get in your diet. You can do this by simply adding inside a bran cereal in the morning and eating more fruit and vegetables.

## As for Lifestyle Changes, You Do Not Need to Do Anything Too Onerous

Sitting has been proven to be a cause of hemorrhoids. Be sure you move around at frequent intervals if you have to sit down on a regular basis for long periods. This does not need to be anything excessive, just a wander to the water cooler when you are in an office building, ideally taking a circuitous rather than direct route, or take a walk at lunchtime. Anything that would help your blood circulation and take pressure off the blood vessels leading up to the bowels will be good for you. You should try to be able to take a walk on a daily basis. It does not have to be a 5 mile effort, just 20-30 minutes daily will do. These changes will not only help the hemorrhoid issue you have, but they are going to also do a whole lot to increase your overall health.

*Hopefully this article will demonstrate that there are ways to cure hemorrhoids naturally without the need to reach for Preparation H at the first symptoms of a hemorrhoid episode.*

- Andtimwal is an internet product reviewer and also an active promotor of a healthy and natural lifestyle.
- Understand organic remedies regarding hemorrhoids by visiting [www.curehemorrhoidsnaturally.weebly.com](http://www.curehemorrhoidsnaturally.weebly.com).
- It is possible to Cure Hemorrhoids Naturally!

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