

# Hemorrhoid Miracle - Natural Treatment For Hemorrhoids

**H**emorrhoids or piles are round, purplish protuberances in the anus. They are the results of rectal veins that become dilated and rupture. Hemorrhoids are very common. They are often caused by forcing because of constipation, diarrhea, more weight caused by pregnancy, or staying in one position for long periods of time. Fortunately, most of these underlying causes have natural solutions. Thus, a natural remedy for hemorrhoids may be followed.

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Before I discuss the natural treatment regarding hemorrhoids, let me first give a brief history about the medical and surgical treatment for hemorrhoids. Medical therapy contains reducing pressure by treating the constipation and minimizing pain with the application of temperature and astringent lotions. In the surgical excision of the dilated vein, the vein is excised and the area is either left open to cure by granulation or sutured closed. Another, which is injection of a sclerosing substance into the tissues at the base of the vein may be only temporarily effective. In a nutshell, medical and surgical treatments for hemorrhoids give prolonged side effects and complications, and could produce only temporary results.

Compare, natural treatment options for hemorrhoids include using a hemorrhoid cushion, which is a donut-shaped cushion made of foam or plastic that relieves pain by allowing unwanted weight to be uniformly distributed far from the affected area; creating a hot sitz bath for 10 minutes several times a day; inserting an ice pack wrapped in a towel over the afflicted area; applying vinegar or even aloe vera carbamide peroxide gel directly to the affected area; wearing loose-fitting underwear or pants; and using the squatting position regarding bowel movements.

- Remember that what works for you may not work for others.
- Do trial and error.
- Because they are all natural, there is no need to worry about the side effects.
- Find the natural treatment that works best for you.
- Then follow it, and get rid of hemorrhoid.

This author finds Hemorrhoid Miracle and Organic Treatment For Hemorrhoids quite interesting.

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