

# How To Shrink Hemorrhoids At Home

**A**re you wondering how to **shrink hemorrhoids** at home? **Hemorrhoids** that become swollen as well as inflamed, can be painful and uncomfortable. However, there are 3 natural methods you can try in the home to help to contract **hemorrhoids**. In the event that these methods fail you and you don't see any changes, consult a doctor.

## These 3 Treatments Have Been Recognized to Work, Over and Over Again...

**Witch Hazel:** This inexpensive herb can be bought at any pharmacy. Witch Hazel is a colorless, very relaxing fluid that can be applied to bleeding hemorrhoids. All you need to do is dabbed the witch hazel on the affected region with tiny cotton ball. This will stop the blood flow.

- **Ice Packs:** Ice is a natural way to reduce any swelling and discomfort.
- Applying ice packs throughout the day will help relieve the discomfort if the hemorrhoids.
- **Stiz Baths:** Stiz baths are very simple for anyone to set up and the only thing that's required is a bathtub.
- Fill your bathtub up with about four or five of warm water.
- The heat from the water may help alleviate the discomfort, causing blood flow to the affected area and reduce swelling.
- These are the 3 natural ways that can help shrink hemorrhoids.
- I know its not glamorous or anything, but at the end of the day the only thing that counts is the shrinking of hemorrhoids.

*None of the above sounds appealing and also you want to learn how to shrink hemorrhoids naturally, quickly and painlessly then you need in order to go to the [Normal Hemorrhoid Cure](#) website for tips and guidance.*



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