

# How to Get rid of hemorrhoids at Home - Free Yourself From Worries

**P**eople often complain if they are experiencing any signs and symptoms indicating an underlying disease. Even a simple itch can sometimes makes us worry that something unusual is happening within our body. If we feel any abnormalities, we usually go for self-medication or home remedies to manage any kind of discomfort.

- **Hemorrhoid** is one of the conditions that can be treated at home.
- It is a state in which you go through bulging within the rectal or anal area due to too much pressure brought by different activities done every day.
- Protruding is generally caused by swelled blood vessels or perhaps veins.



However, there are specific techniques as well as processes explained on how to get rid of **hemorrhoids** at home, which should be adopted in order to relieve them from any pain.

Hemorrhoid is related to passing out of bar stool or **bowels**. It can be caused by a lot of straining, prolonged sitting, heredity, pregnancy, chronic constipation, anal intercourse and sometimes associated with extreme eating of hot foods. It is usually manageable by using medicines.

- Though there are ways on how to get rid of hemorrhoids at home, sometimes surgery is recommended if the condition worsens.
- Home remedies are also considered effective.
- Aside from assisting you save money, it also keeps you away from being stressed in staying longer in the hospital.

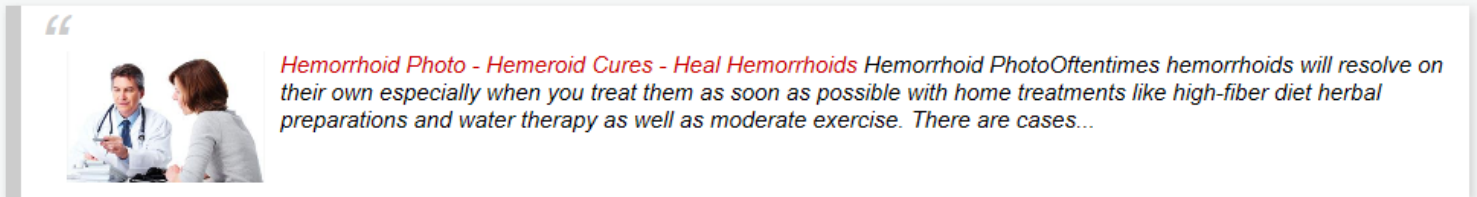
*The following steps must be practiced to learn how to get rid of hemorrhoids from home:*

## Add Much More Fiber to be Able to Diet

Foods rich in fiber make it easy for you to release stools. It can be found in whole grain breads and cereals, prune juice, and fruits like peaches, apples and pears. Psyllum can also be good because it serves as organic to prevent constipation.

The use of natural treatments such as horse chestnut, butcher's broom, and **collinsonia root** powder are ideal because it aids in blood circulation.

Water is helpful in maintaining our body's function and in this case 8 glasses of water a day helps moisturize and soften the stool, preventing constipation and extreme straining.



*Witch hazel extract, apple cider vinegar mixed with water, natural aloe vera and essential oils (juniper, cypress, rosemary or lemon, as well as lavender) are often applied topically in the affected area using cotton balls...*

- Doing Sitz bath for 15 minutes after bowel movement is also good because it to be able to lessens swelling and reduces itchiness.
- The water must be warm and within the hip level.

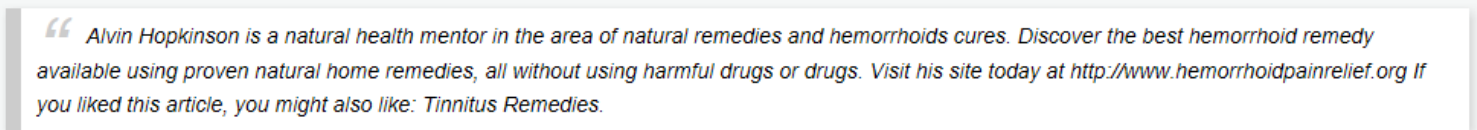
Ice packs placed in the swollen area of the anus help you get away with itching.

## Home Remedies Typically Require a Little Effort

Using a combination of plants and herbs around, will allow you to learn how to get rid hemorrhoids at home. Neo healer is one great product, which uses combined items found in the area. It's very effective in treating hemorrhoids just like the drugs acquired in the market.

Neo healer combination includes vateria indica that helps prevent swelling and makes healing faster; lupines albus in which aids in the skin recovery and healing; menthe piperita that lowers itching; and aloe vera that has an anti inflammatory effect. Products are available in the form of ointments or suppositories.

- Finding remedy that could help in the faster therapeutic of hemorrhoids is important.
- We are presented with a lot of ways on how to get rid of hemorrhoids at home.
- But we must always choose the one which we think is best for our recovery.



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