

Get hemorrhoid relief from herbal remedies

Here are four different herbs that can give you **hemorrhoid relief** and help to get rid of your **hemorrhoids**. Using these herbs is a convenient and cost effective way to treat your **hemorrhoid** symptoms.

Use These Herbs Just Long Enough to Give You Hemorrhoid Relief

Once you discover that your symptoms have disappeared, stop using these herbs. Using herbs longer than necessary will make you less sensitive to the effectiveness of these herbs, if you have to use them again.



Comfrey Root Powder

Comfrey powder comes from an herbal root that has plenty of allantoin. This plant is actually a powerful performing herb that is anti-inflammatory and encourages the formation of new skin. It can also cause hemorrhoids that are outside on the anus to shrink and pull back. This kind of makes comfrey powder an effective **hemorrhoid remedy**.

Here's How to Use It.

Buy the powder and not the liquid. Make a paste by mixing it with olive, fish, or flaxseed oil. Apply the insert directly onto your anus and surrounding area. A person can apply it during the night plus your morning shower will remove it.

Fresh Comfrey Leaves or Roots are the Best to Use

However, you can get precut and dried comfrey root and leaves from a health food or herb store. In the event that you use the dried leaves, you can put them into a coffee grinder to create a powder. Use this powder to create a paste with oils.

Gotu Kola

Gotu Kola is an Indian botanical herb that is a hemorrhoid remedy. Use an extract that has 70% triterpenic acid since this is the active ingredient.

- Take 30 mg of Gotu Kola 3 time a day.
- Gotu kola extract decreases pain, swelling, fatigue, and sensation of heaviness from hemorrhoids.

Horse Chestnut

Horse chestnut comes from the bark of a tree and has been found to be useful in treating hemorrhoids. It includes the harmful chemicals aesculin' and 'aescin', which reinforce the blood vessels and which help to reduce hemorrhoids. It also helps to reduce inflamed areas.

Here's How to Use It.

You can make a tea and apply it directly to your hemorrhoids. Nonetheless, do not drink the tea given that it contains tannin, which tightens mucus and tissue and would result in constipation. Utilize it in powder form and mix it with oil to produce a paste and apply it to your anus area.

Plantain Herb

Plantain also has lots of allantoin just like comfrey root powder.

Here's How to Use It.

Use it the same as comfrey powder by mixing it with oil and putting it on directly to your anus.

- You can also combine equal parts of the plantain as well as comfrey powder.
- If you only have plantain leaves, put them in a coffee grinder to create a powder.
- Now you can make a mixture with oil and both of these herbs.

Rudy Silva has a Physics degree from the University of San JoseCalifornia and it is a natural Nutritionist. He writes a newsletter called 'natural-remedies-thatwork.com' and he has written an ebook called 'How to relieve Your Constipation with 77 NaturalRemedies.' You can get more information on this ebook and more hemorrhoid cures at this site.<http://www.hemorrhoid-remedies.for--you.info>.

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Kory is a writer at utitreatment.info, a web site about alternative health issues. Last year, Kory worked as a post curator for a well-known high tech web site. When he's not researching content, Kory enjoys working out and roller skating.

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