

Home Hemorrhoids Cure

Do you have **hemorrhoids**? Are you looking for a **hemorrhoids** cure?



“ Hemorrhoids or most commonly known as **piles** is a disease that involves the swelling of the skin around the anus and also the lower rectum. This puffiness is a result of irritation. Having a hemorrhoid can make one experience an itching sensation of the affected part.

The Most Obvious Sign of Hemorrhoids are the Bulk of Over Dilated Veins Around the Anus

This symptom is nearly the same as the development of spider veins in the legs. When left untreated hemorrhoids are more likely to worsen and also the patient will have more itching, mild to severe burning sensation accompanied with spurts of pain.

- Having piles is not an easy experience to have so it is very important to apply hemorrhoids cure immediately in order to avoid more complications.
- If you do not want to take hemorrhoid medications, the following steps will be your property hemorrhoids cure.

Apply Cold Compress to the Affected Area in Order to Relieve the Inflammation.

Use a sitz bath tub. It can be a small bath tub that is particularly designed to soak hemorrhoids. The process works by treating the affected rectal area in hot in order to warm water depending to the tolerance of the individual. This will be done 3-4 times a day for 20 minutes per session. This will rapidly shrink the hemorrhoids as well as reducing the pain and itching.

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How to get rid of Hemorrhoids Hemorrhoids are usually caused when constipation forces you over exert yourself while having a bowel movement. The increased pressure that you put on the sensitive veins of your anal region leads to hemorrhoid swelling, bleeding, itchiness and...

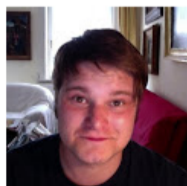


HemorrhoidsHemorrhoidPilesShrink HemorrhoidsBowel

- To prevent the affected area from getting direct contact coming from hard surfaces, it is recommended to work with a donut shaped seat cushion.
- This will protect your hemorrhoid from worsening.

Drink at least 8-10 glasses of water a day; this will encourage better lubrication of the stool as it passes through the anus.

Eat a healthy diet of mainly fruits and vegetables; this kind of high fiber diet is very essential in normalizing a person's **bowel** movement.



“ **Kory S. Ford**

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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