

# How to Cure Painful External Hemorrhoids - 5 Natural Hemorrhoids Remedies

**W**hile there are several ways to cure painful external hemorrhoids, but simple natural methods seem to get the job done better than the expensive nonprescription products and prescription medications. Natural treatment is gaining popularity because these remedies not only cure painful external hemorrhoids, but also help you in correcting the overall system.



## What is an External Hemorrhoid?

There are two basic types of **hemorrhoids** - external and internal. **External hemorrhoids** are usually existing outside the rectum and anal sphincter area or just protruding out from the anus. These are more painful simply because they get exposed to various external items like water, tissues, clothes, your hands etc. External **hemorrhoids** can bleed and clot causing a lot of discomfort.

## Some of the Quick Natural Cure for Unpleasant External Hemorrhoids are:

Avoid pressure on the rectum and anus area as you pass stools. Don't sit in the toilet for a very long time.

Keep the area clean by regularly cleaning and applying a good anti-inflammatory herbal product. This can be witch hazel liquid. This kind of herb has astringent properties. This botanical herb can help in reducing the size of the inflammation and also strengthen the problematic veins in the rectum and anal sphincter area. With regular use your hemorrhoids will shrink and become normal.

- You are obese, make a conscious effort to lose weight.
- This will help in reducing the excess pressure being applied in the veins in rectum and anus walls.

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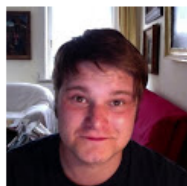
**Hemorrhoids and Exercise: Some good Info** Hemorrhoids and exercise are probably two words which a lot of people don't really relate with one another. The former is a condition that is painful, annoying, and embarrassing for most people to deal with. The latter is physical exertion that s...



Hemorrhoids External Hemorrhoids Hemorrhoid External Hemorrhoid

- Drink plenty of water and make sure you don't constipate.
- You may have to make changes to your diet to be able to make this happen.
- Start such as fruits, vegetables, whole grains, wheat bran, and salads in your diet.
- Exercise regularly so that the blood circulation in the body and abdomen region improves.
- This will not only help to cure painful external hemorrhoids, but also improve the functioning of other organs in the abdomen region.

Will show you a better way Cures Hemorrhoids Safely in 2 days, Already PROVEN By Thousands To have Eliminated Pain & Embarrassment For Good ... "Are you sick of rigid your diet or work - hoping for relief? Plus, all of the other "management" problems of this in your everyday life? Click Here For Hemorrhoid Remedy Natural Way.



“ **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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