

# Natural Home remedies For Internal Hemorrhoids

**H**emorrhoids, also known as piles, are swollen and painful varicose veins in the canal of the anus. According to recent reports, around 75% of the Americans suffered from hemorrhoids at some point in their lives. Most of the cases occur during middle up to late years. Apart from this particular, pregnant women and people with sedentary lifestyle are the usual victims of this condition.



- Generally, there are two types of hemorrhoids that may be experienced by an individual.
- These two types were classified based on in which the inflamed vein had appeared.
- The **external hemorrhoids** are usually seen on the skin of the anal opening, creating balloon-shaped bulges.
- The internal hemorrhoids, on the other hand, generate the same bulges only that they occur at an individual's internal back passageway.
- This type is the most widespread among the many cases of hemorrhoids.

## Read More Articles

Information About How In order to **Heal Hemorrhoids** Naturally - Home Remedies in order to Heal Hemorrhoids Naturally Home Treatments Cure - Cures Hemorrhoids - Treat **Hemorrhoids** Cure The Hemorrhoid Using Natural Home Remedies In 5 Steps Heartburn Home remedies - Herbal Cure - Hemorrhoids Herbal Remedies.

Aside from going directly to a doctor to undergo hemorrhoidectomy, it is also highly recommended to perform some natural home remedies for **internal hemorrhoids**.

- One of the easiest ways of alleviating the pain caused by these bulges is to include more fibers in the person's diet.
- It is advisable to start including 20-30 grams of fiber from the beginning of the diet.
- It will help make softer stools and ease the bleeding.
- Fruits, beans, cereals, and whole wheat grains to be able to name some fiber-rich foods.

## Another Way is by Preparing the Patient a "Sitz Bath"

This can be done by setting up a bath tub with warm water and letting the patient sit there for 10-15 minutes. The effect is due to the healing feeling induced by the warm water while the patient's hips and bottom are usually submersed in it.

“



**Hemorrhoidal Relief - Hemroids Treatments - Prolapsed Hemorrhoid Hemorrhoidal Relief** Looking for a natural cure for hemorrhoids? Diet and nutrition can help but the treatment of hemorrhoids requires a holistic approach. Increasing water fruit and fiber intake is a good start - but if you do it the wrong way...

## Ointments and Creams are Also Suggested to Treat Hemorrhoids

This remedy is very convenient because most of these ointments are available at any household's medical kit. Petroleum jelly, Vick's vapor rub, and rash creams are some of the options one can choose from. However, the patient should be careful when applying these lubricants so as not to further damage the anus' sensitive tissue.

- The patient is into herbal medicine, then making use of tea-flavored butcher's broom and barberries are ideal medications for him/her.
- These herbs are guaranteed by the experts to relieve the discomfort caused by hemorrhoids.
- They also help in regulating an individual's blood circulation.
- There are a lot of ways to naturally treat hemorrhoids.
- And the best part of this is the fact that one can perform it right at the comfort of his/her own home.

To know a little more about natural home remedies regarding internal hemorrhoids, visit <http://www.internetlivingathome.com> today.



“ **Kory S. Ford**

*Kory is a writer at [utitreatment.info](http://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.*

**Disclaimer: Content in this document is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.