

Natural Home remedies For Internal Hemorrhoids

Hemorrhoids, 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.

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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.



HemorrhoidsInternal HemorrhoidsHeal HemorrhoidsExternal

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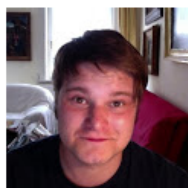
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Ointments and Creams are Also Suggested to Treat Hemorrhoids

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**

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