

# Hemorrhoid Relief-The Best 5 Ways to Cure Hemorrhoids

**H**emorrhoids are swollen and painful blood vessels around the rectum and they are very common in, although not restricted to pregnant women. However, because of the area of the body it affects the majority of victims are too embarrassed to discuss their problems freely leaving them confused about how best to deal with the situation. Generally, the weakest forms of hemorrhoids will heal themselves, but people often find it necessary to treat the symptoms while waiting for restorative. Managing the symptoms in such cases are a matter of personal comfort than medical need. ( Click here to know how to deal with the symptoms of hemorrhoids permanently)



These following five ways can be used to treat the more serious types of the disease:


Reduction of constipation is the most recommended treatment regarding the treatment of hemorrhoids. Doctors recommend ingestion of high fiber meals and consumption of lots of fluids to loosen the bowels and allow people to avoid irritating the hemorrhoids. Click here to get a free mini course on the best [hemorrhoid diet](#)

## The Second Most Common Form of Treatment Comes from Over the Counter Medication

Manufactured under several brandnames, commonly used over the counter medications include anti-inflammatory pads or wipes. These medications contain anti-inflammatory real estate agents which are smeared directly on the anal hemorrhoid swelling to provide immediate brief relief to the discomfort brought on by the hemorrhoids. Generally, due to the swelling, hemorrhoids are usually hot swollen. The cream is designed to reduce puffiness and remove the heat from the region. ( Click here for permanent respite from soreness of hemorrhoids)

- Natural herbal products have also found to be very effective in reducing the swollen hemorrhoids and their symptoms.
- Example of such herbal product is aloe vera either from the plant or even from pre-packaged aloe vera.
- The idea is basically the same as treating a burn.
- Another herbal therapy for hemorrhoids is flower fashionable tea.
- The tea is supposed to remove the swelling internally as well as relaxing the patient so that they can begin to heal.
- The H miracle cure is another natural product that has a proven track record of quick and effective cure from the symptoms of hemorrhoids.
- In order to get the best [natural hemorrhoid cure](#) click the links in the last paragraph below

Patients suffering for hemorrhoids are also encouraged to take baths in warm water for 15 minutes twice a day to relieve the discomfort and promote healing.

“  *The Prevention of Bleeding Hemorrhoids When we are young we never think about how horrible the foods that we eat up might be to our bodies. We perpetually complained about having to eat our vegetables as well as drinking mostly normal water because of how dull it tasted. But when we were...*

- Another method of healing is the use of cryotherapy by the use of a cold-applicator.
- Small cryogenic applicators are used to place cold directly on hemorrhoid to ease the pain and swelling.
- This treatment is reserved for more severe cases.

Finally surgery is nowadays reserved for the treatment of cases that have failed to respond to other treatments.




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As together with many other illnesses, doctors recommend prevention as the best option, but there are some people that have a natural genetic predisposition to building hemorrhoids, these people have abnormally weak venous wall. Generally however even amongst those that have a weak venous wall, the best way to prevent hemorrhoids is to eat a diet healthy in fiber and to remain hydrated as a way to avoid constipation.

Constipation is often a contributing factor and straining during defecation will be strong precursor to the onset of hemorrhoids.

- The Best Hemorrhoid Cure Is a Cure That Is Safe, Simple, Highly Effective With a 96.4% Cure Rate.
- [Click Here to Get Yours](#) .
- Also Get a **FREE** mini report on hemorrhoids the following.

 “ **Sandra R. Boyes**  
*Sandra is a leading writer at [uti-remedies.info](#), a site about alternative medicine. Last year, Sandra worked as a consultant for a well-known news startup. When she's not scouting for web content, Sandra enjoys cycling and surfing.*

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