

# Home Hemorrhoids Cure

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

**H**emorrhoids 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 formation of spider veins in the legs. When left untreated hemorrhoids are more likely to worsen and the patient will have more irritation, mild to severe burning up sensation accompanied with spurts of pain.

- Having piles is not an easy ordeal to have so it is very important to apply hemorrhoids cure immediately to prevent more complications.
- If you do not want to take hemorrhoid medications, the following steps will function as your property hemorrhoids cure.

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

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



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**Hemorrhoids cure** A lot of people in the world had experienced having piles or hemorrhoids. This illness is caused by the swelling of the veins and blood vessels in the rectum. A number of major causes of this health problem are constipation, weight problems, bring...

- To steer clear of the affected area from acquiring direct contact from hard surfaces, it is recommended to use 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.



“ **Pasquale Saunders**

*Pasquale is a content marketing professional at 20lux.com, a website about alternative health issues. Last year, Pasquale worked as a consultant for a well-known high tech company. When he's not writing articles, Pasquale enjoys drawing and rock climbing.*

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