

Natural Hemorrhoid Treatment - A Safe and Permanent Solution

Anyone had told me 20 years ago that you could get rid of **hemorrhoids** for ever, I would have thought they were living in fantasy land. Even more bizarre would have been the idea that this could be accomplished by a **natural hemorrhoid** treatment. Such things just did not exist back then. All we had were creams, cushions, pads, or even if the situation was extreme, surgical procedure. Hemorrhoids, so we were told, were to be accepted as a part of life.



- Thankfully, there are people in this world with curious minds who do not accept the status quo.
- People who would prefer to get to the root of a problem rather than putting up with a temporary solution, only to have it re-appear later.
- The problem in the past with all the temporary remedies is that they are just that - temporary.
- They were as close to putting a band-aid on the problem as you can get.

Yes, Hemorrhoids are Painful, Irritating and Embarrassing

People want a quick fix for that. This is where the creams come in, and they do work. Except they do not stop the hemorrhoids from coming back. Would it not make more sense to find out what is causing them and deal with that once and for all?

So How Would a Natural Hemorrhoid Therapy Deal Completely With Hemorrhoids?

Since there are actually only three or four main causes for hemorrhoids, the answer is situated in going to the source and basically doing things differently, with a little help from nature.

For example, in the case of constipation you would make sure your diet involved a lot more fiber and water and less processed food. This is not the whole picture and is a bit too simplistic, but you get the general idea. Another benefit to using natural methods when dealing with the constipation issue is the fact that not only would this cure the constipation, but you can find definite total health benefits to eating properly.



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As far as the quick fix for pain and itching is concerned, nature also provides in the form of herbal remedies, sitz baths and believe it or not, ice chips. These methods not only work fast, but they are safe. This is particularly good news for pregnant women who need to be careful when using medications.

After dealing with hemorrhoids for 20 years and finding no solutions, other than expensive, lifelong "band aids" in the pharmaceutical realm, I decided to get out of the norm and see if there were other treatments available.



“ 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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