

A Guide on Hemorrhoids and Homeopathy

Hemorrhoids or sometimes called piles refer to a condition where the particular veins around the lower rectum and anus are usually swollen and swollen. It can happen to anyone - men or women and old or young. Hemorrhoids happen because there is a strain in the *bowel* movement. Others suffer from hemorrhoids because of aging, pregnancy, chronic diarrhea as well as chronic constipation.



- That can be seen either internal (inside the anus) or external (below the skin surrounding the anus).
- There are a few people who have hemorrhoids but they do not experience any symptoms.
- Vivid red blood that covers the actual stool is one of the common internal signs of hemorrhoids.
- Take note, **internal hemorrhoids** might protrude through the anus which can be painful and irritating.

List of Remedies

Homeopathic remedies are one of the most effective and safest ways to treat hemorrhoids. It offers soft and no side effects treatment. For severe cases of hemorrhoids, surgery is the only answer. Before you decide to make use of this treatment, test the gentle homeopathic remedies available before it is too late.

- Witch hazel draw out is a common ingredient of different hemorrhoids treatment available in the market like medicated hemorrhoid pads.
- It acts as an astringent.
- In most health food and drug stores, you are able to buy pure hazel extract.
- You simply apply the extract using a clean cotton ball on the affected area.
- It's a no-no to pay for the hemorrhoids after job application with gauze or bandage.
- Repeat the same procedure three times a day for several days.
- This process will help reduce discomfort and shrink the painful and swollen veins.
- Aloe vera has a gel-like sap that is rich with astringent properties that can cool, soothe and heal irritated tissues.
- Apply the sap directly on the affected location using a cotton swab or ball.
- In order to get the gel like sap from the plant, cut in half the leaf and then slice down at the middle.
- Collect the extract using the cotton swab from the center.
- If you cannot get a fresh leaf of the aloe vera plant, you can purchase from grocery or drug stores aloe vera extract.

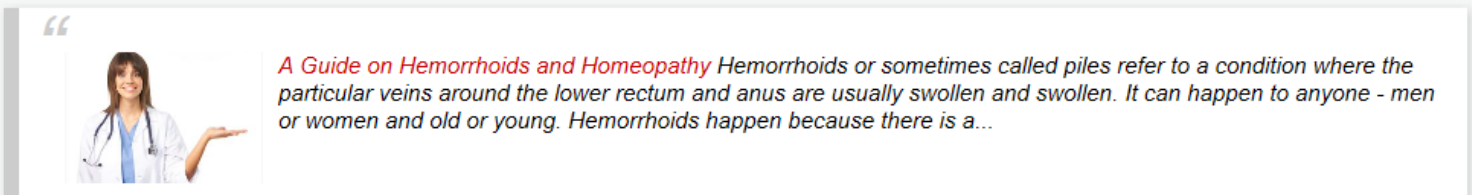
Sulfur is Known to Treat Skin Conditions Such as Scabies and Acne

It is also an effective treatment for hemorrhoids because of its antibacterial and mild astringent properties it contain. Put together a mixture of a calming ointment plus a teaspoon of sulfur powder. Apply the mixture directly to the infected region at least two to three times a day.

Other Tips to Remember

Use the above homeopathic remedies in conjunction with the following:

- Proper diet is a must.
- You need to include in your dinner foods rich in fiber.
- Remember, constipation is one of the leading causes of hemorrhoids.
- Prefer to drink or eat fresh fruits and vegetables.



- Avoid holding the urge of going to the toilet.
- Go if you really have to.
- At the same time, do not prolong your stay inside the bathroom.
- This will just create pressure on your rectal region.
- Drink eight in order to 10 glasses of water everyday.
- Make it a habit to get a sippy tumbler of water.
- This will encourage you to drink water as many as you can.

For more info on the wonders of homeopathy and just how it can benefit treat your own hemorrhoids please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> as well as <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish Go to [Http://Tratamiento-De-Las-Hemorroides.Blogspot.Com](http://Tratamiento-De-Las-Hemorroides.Blogspot.Com)

For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Check Out [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

For Portuguese go to <http://como-curar-hemorroida-naturalmente.blogspot.com>.

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