

# An External Hemorrhoid Treatment That doesn't Require Surgery

**H**emorrhoids can be quite painful, as anyone who has ever experienced them can attest to. While dietary changes are the best way to cure the problem, exterior hemorrhoid treatment is usually necessary to alleviate swelling, itchiness, and pain associated with hemorrhoids. While many over the counter items offer some relief, there are far less expensive and more effective natural home remedies that can provide instant results without messy creams or ointments.



Very simple external hemorrhoid treatment is ice. Putting a cold shrink on the area will quickly work to reduce inflammation and soreness. A chilly bath tub can have the same result. A cotton compress to which you have applied witch hazel or capsaicin can have a numbing effect while also reducing blood flow to the area, lowering inflammation and bleeding.

## Perhaps the Best Immediate Treatment is to Create a Cranberry Poultice

This is made by blending cranberries in a mixer. Wrap the resulting powder in a piece of cheesecloth and apply to the area for about one hour. A great remedy is to mix equal parts germanium oil and almond oil, both of which can be found at organic or holistic meals stores, and applying the mixture to the area. This combination kills germs, preventing infection, and also helps pass stool more gently, reducing the pressure on the area.



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*How To Naturally Cure Hemorrhoids In The Comfort Of Your Home* If you are looking for a fruit to limit the pain that you feel internally, choose blackberries. Blackberries are one of the best antioxidants that you can put in your body and will fight free radicals to be able to make you feel great. Eat a dish of...

## All of the Aforementioned Cures Could be Very Helpful as External Hemorrhoid Treatment

While only through increasing water, fiber, and vitamin C are you able to effectively prevent hemorrhoids, these remedies will make them less painful and uncomfortable. Thanks to naturopathic medicine, you are able to sense instant relief without costly messy creams or the need to use chemicals.

Will show you a better way Cures Hemorrhoids Safely in 48 Hours, Already PROVEN By Thousands To possess Eliminated Pain & Embarrassment For Good ..."Are you sick of constricting your diet or work - hoping for relief? Plus, all of the other "management" burdens of this in your everyday life? Check out Hemorrhoid Cure Nature's Way.

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