

# Best Home remedy For Hemorrhoids - Simple Ways To Relieve Pain

**D**ownload this image from Dreamstime.com Is there any best home remedy for hemorrhoids? Hemorrhoids tend to be divided into groups: Stages 1 - 4. Stages 3 and 4 are **external hemorrhoids** and so are the ones that will benefit most from these suggestions. External hemorrhoids tend to be effortlessly aggravated but are more responsive to these hemorrhoids home remedy treatments.



## One of the Best Home Remedy for Hemorrhoids is Using Ice

This can indeed only provide short term relief, but it's quick and effective, especially when the pain is almost unbearable. This method can also be one of the more readily available strategies away from home.

- It's not difficult heading to a fast food restaurant and getting some ice water and running to the rest room.
- Since ice numbs, you will feel relief almost instantly.
- Of course, within minutes of removing the ice, the pain may return, however, one of the benefits of ice is that the area shrinks.
- You are able to keep the ice on the affected area long enough, the hemorrhoids will in fact shrink, albeit temporarily.
- At least long enough to get a longer term relief.
- Over the counter pain killers can work wonders as well.
- Try not to meet or exceed the daily recommended dosage listed on the bottle.

## Another Short Term but Very Effective Way is a Very Hot Sitz Bath

If you don't have a sitz pan to put on top of your toilet chair, simply put enough water in your bathtub to cover your own bottom. Add Epsom salts (double the recommended amount on the package). Soak for as long as you can. Reheat the water when you must. Once out of the water, rub olive oil into the affected area. Olive oil has marvelous soothing properties!



Hemorrhoids External Hemorrhoids

- Replace toilet paper with moistened aloe vera baby wipes.
- Take some with you wherever you go.

## Garlic is an Excellent Choice Also

It has superb antibacterial and soothing properties. Make a paste that includes minced garlic and enough olive oil to stay in place when you lie down. Prepare a poultice - place this mixture on some cotton gauze, distort the top closed, and place on the hemorrhoids. Leave right now there regarding 15 minutes.

- As you can see, there is really no such thing as the best home remedy for hemorrhoids.
- Some remedies may work better for you and not for other people and vice versa.
- Just remember that if the condition is exceedingly serious, you may want to consult a doctor first.

## H Magic Review

Do you want to get rid of your own pain and embarrassment regarding good? Uncover a method in order to cure hemorrhoids correctly in 48 hours through visiting the website below.

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