

# External Hemorrhoids-How To Shrink External Hemorrhoids Permanently

**T**here are a lot of people suffering from **hemorrhoids** that are caused basically by certain lifestyle problems. It is becoming extremely hard for a lot of people to give proper attention to their health needs these days because of the kind of work pressures they face and because of numerous other demands of modern life competing for their attention. Inability to keep personal hygiene leads to lots of medical problems one of which is **hemorrhoids**. Download a free hemorrhoid mini training course to fully find out more about the real reasons for hemorrhoids.



- Hemorrhoids are caused by abnormal swelling and reddening of the veins connecting the anus and the rectum forming a cushion of tissues.
- They tend in order to itch, irritate and cause pain.
- This condition may cause embarrassment at the office or any other public place.
- In severe cases there could be bleeding from the hemorrhoids.
- This disorder is giving sleepless nights in order to large amount of patients across the globes inflicting pain and discomfort.
- [Click here to discover the best way to get rid of hemorrhoid pain permanently](#)
- They tend to be caused due to improper digestion, high blood pressure or high blood pressure, lack of personal hygiene and many more.
- Hemorrhoids is also common amongst pregnant women, it could also take place in children and also can even be genetic in nature.

There are usually two main kinds of hemorrhoids based on the location of the hemorrhoid swelling at the round the anus:

*Internal Hemorrhoids: They are situated inside the anal opening and they are difficult to diagnose since there are absolutely no pain receptors inside and so even the patient does not easily realize when they form.*

**External Hemorrhoids:** These are located outside the anal opening as well as they are usually easy to diagnose given that they are usually painful from the comfort of the initial phases. Due to improper eating habits, the stool becomes hard and injures the soft and delicate inner mucosal lining of the anal sphincter and the rectum accountable for absorption of essential nutrients. This causes anal fissures which aggravate the hemorrhoids. Due to high blood pressure there could be moderate to severe itching, irritation and pain. High blood pressure also may result in the hemorrhaging from the hemorrhoids leading to an embarrassing situation. ([Click here to be able to know how to effectively deal with the pain of hemorrhoids](#))

There are many ways to make the **external hemorrhoids** shrink. Basically in order to effectively **shrink hemorrhoids** the stool needs to be softened to make defecation be without stress and also painless. This will reduce the discomfort at the hemorrhoids and steadily shrink the hemorrhoid. Stool can be softened by the consumption of diet rich in fibers which is found in whole grains, vegetables and fruits. Increasing daily consumption of water also helps to soften the stool and unwind the anal tissues and blood vessels.

The rectal area should be kept clean of dirt that may reduce bacterial infection and eventually less itching and irritation. Actually refraining personal from spicy and junk food, alcoholic beverages and smoking cigarettes will certainly aid the external hemorrhoids shrink. ([Click the links in the last paragraph below to understand more about 5 vegetables and fruits an individual can take to avoid hemorrhoids permanently](#))

- Applying good quality products and creams are really helpful if the chemical composition is well balanced and as per the requirement.
- You can also make use of a piece of sleek and clean cloth and make an ice pack.
- This could be used to put over the external hemorrhoids.
- Immediately after the cold treatment one should sit it in a sitz bath full of warm water.
- This will help to reduce the size of the external hemorrhoids.

The use of these mentioned measures however mainly serve to alleviate the symptoms of external hemorrhoids temporarily, to shrink external hemorrhoids permanently you need a more complete alternative organic method that will show you thoroughly on the specific details of the different aspects of natural treatment of hemorrhoids.

- [Even If Your Hemorrhoids Are usually As Big As The Size Of Golf Ball You can Shrink Them Permanently In 48 hrs.](#)
- [Click Here To Know How.](#)
- [You Can Also Download a FREE Hemorrhoid Book.](#)

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