

# A List of Effective Natural Hemorrhoid Treatment

**H**emorrhoids, which are characterized by having swollen and inflamed tissues around the anal area, is one of the most common problems in the society today. Good thing there is a wide range of **natural hemorrhoid** treatment that are far better than medically-induced treatment because of its cost and availability.

There are usually varied ways to treat hemorrhoids, but if you prefer a non-intrusive method unlike surgical procedures, then, **natural hemorrhoid treatments** are the proper ones for you. Practically, natural remedies tend to be advantageous from medically-induced ones due to two main reasons: one is the affordability and availability and the other one is the effectiveness and safety.

Below are some of the five remedies to know and also consider while using **natural hemorrhoid** treatments.

Fiber is an important ingredient to help in the process of treating hemorrhoids. As we know, fiber-rich foods such as whole grains, fruits, and vegetables help in the normal process of digestion preventing problems such as constipation and diarrhea.

Also, one of the beneficial effect of fiber concerning hemorrhoids is that it causes respite from the bleeding and the burning sensation; not to mention that increased ingestion of soluble fiber can also lessen strains in **bowel** movements because it softens stools and decreases its size.

Related scientific study on the effects of fiber on hemorrhoid patients also showed relief from itching, discomfort, and pain.



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Aside from taking high-rich fiber foods, patients suffering from hemorrhoids can also take Pysillium, a fiber supplement which is less expensive and more available in the market. However, even though fiber-contained foods can be found abundantly, it is still important to drink lots of water in order to avoid constipation along with other digestive problems.

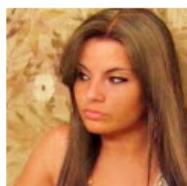
## Biflavonoids are Also Essential If You are Considering Natural Remedies

For products containing this type of plant compound, it can help in strengthening the walls of the blood vessels and aid in decreasing chances of inflammation. By taking products with biflavonoids, the patient is relieved from discomfort of itching and anal pain.

- Witch Hazel Compress or other naturally-made creams are also effective talking about natural remedies for hemorrhoids.
- These kinds of products are not taken in house, instead, they are applied over the area of swelling which is around the anus.
- This type of product may be applied similarly as astringents and must not surpass the allowable amount to apply to prevent burning sensations.

The butcher's brush, which is a European-originated plant, is known to treat varicose veins and poor blood vessels circulations resulting to hemorrhoids. If you have decided you're taking remedies instead of medically-induced ones, planting butcher's broom in your backyard would save you from several hours of looking for it. This plant is an effective natural hemorrhoid treatment especially when it is in forms of pills or teas. Similar to butcher's broom, horse chestnut can also be used as a tea or inside capsules. The actions are almost the same only the horse chestnuts also relieve swelling and inflammation. If you do not want to take horse chestnuts internally, it can be applied as hot compress on the area of swelling to reduce the size of the lump tissue.

- There is a wide range of natural hemorrhoid treatment in the market today that can save you a lot of discomfort as well as money.
- Browse through the internet for your list of options of natural hemorrhoid treatments.



“ **Jennifer T. Rader**

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