

# Your Guide to Great Home remedies for Hemorrhoids

Anyone who has experienced hemorrhoid will tell you that hemorrhoids are a real pain in the you-know-what. They will also tell you that hemorrhoids are not serious medical conditions but may lead to other serious illnesses if left untreated. Many people who experience hemorrhoid for the first time usually go to doctors when in fact, there are recommended home remedies for hemorrhoids that any person can practice or notice before losing hope. Remember, the doctor is your last option.



- First off, home remedies for hemorrhoids do not really mean you have to take or apply something.
- This can simply mean that you need to walk when you have the opportunity because one cause of treatment plans is too much sitting.
- This is because seated for a prolonged period will strain your pelvic area.
- When this happens, pressure is applied and hemorrhoids are developed.

## Drinking Buttermilk Also Helps

This is one of the best home remedies for hemorrhoids because it helps cool down the body. White radish paste applied to the anal sphincter also helps soothe the pain, aside from drinking coriander juice as well as applying cumin seeds stick.

## Ice Therapy is Also a Trendy Home Remedy

What you need to do is to apply a cold compress on your hemorrhoid. This will help reduce the pain and remedy the hemorrhoid. Cold water makes the blood clot for a while. Without blood pumping in the hemorrhoid, you will not feel the pain and discomfort will not occur.

- Naturally, diet can be one of the best home remedies for hemorrhoids since you are what you eat.
- Water is actually your best ally here.
- Drink lots of water in order to help balance your bowel movement.
- You ought to know that diarrhea and constipation can both cause hemorrhoids if they occur most of the times.
- Both of them trigger strain to your pelvic veins and this strain means hemorrhoids.



“ **Jennifer T. Rader**

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