

# Cure Hemorrhoids At home Safely

**W**hile not a delightful subject for conversation around the dinner table, **hemroids** are an uncomfortable, itchy and painful affliction for millions of people all over the world. There are a few simple steps that can be done at home to help correct this condition.

## Hemroid Relief is an Excellent Resource.

**Hemorrhoids** can be due to hard stools which have been forced out of the body by straining. Adding fiber in order to the diet in the form of fruits and vegetables keeps the stool soft and prevents straining. Drink lots of water as this helps retain stools gentle. In addition a natural stool softening works well too.



## The Toilet

Most folks sit on the toilet with feet flat on the floor. This may cause a kink or bend in our colon leading to straining. Try placing your feet on a step stool about six inches high. This will straighten out the colon and help prevent **hemorrhoids**. In addition use soft wipes such as witch hazel wipes instead of harsh toilet tissue. check out **hemroid cure**.

## Hemorrhoids Treatment

There is also home remedies that can be used as hemorrhoids treatment. Both aloe vera and cider vinegar are said to provide **hemroids** alleviation. Apply aloe vera over the hemorrhoid a few times a day. This will give relief and reduce the swelling. Natural apple cider vinegar can also be said to be an excellent hemorrhoids cure. Soak a cotton ball in the apple cider vinegar and apply directly to the hemorrhoids a few times a day saturating the area. The apple cider vinegar many cause a rash so use aloe vera over and around the affected area after treating with the vinegar.

## OTC Options

There are also many products that can be purchased at the local pharmacist. Many promise relief from itching and swelling and come in either suppositories or products that can be used in your own home to cure hemorrhoids.

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