

# Guaranteed Natural Hemorrhoid Treatments and Prevention Measures

**H**emorrhoids are not only a source of discomfort and pain but embarrassment as well. Many people who are suffering from the condition also have to take the judging looks of others every time they go to the pharmacy buying medicine. As much as one would like to keep the problem a secret, there is still the need to go outside to buy the right hemorrhoid therapy. Fortunately, there are several ways to prevent and treat the condition, and eliminate it as soon as possible.



## Natural Remedies:

One of the most common causes of hemorrhoids is pressure from hard stools. Constipation is a great contributing factor with regard to hemorrhoids. Luckily, this can be avoided by a useful and regular serving of fiber-rich food. Aside from being a greathemorrhoid treatment, fiber is also tremendously efficient in alleviating symptoms, specifically bleeding. Given that fiber effectively softens stools, you don't have to worry about hemorrhoids rupturing. Straining, another contributing factor to the onset of the situation, may also be decreased.

## Butcher's Broom

Another [natural hemorrhoid treatment](#) methods are butcher's broom. This plant also goes by the name of box holly, knee holly and sweet sweeper. Butcher's broom will be a popular treatment for inflamed veins. Besides hemorrhoids, the plant is also effective in treating spider veins by promoting healthy blood circulation.

- The plant has an anti-inflammatory characteristic that is tremendously helpful in alleviating hemorrhoids.
- In addition, it is also vein-constricting, which is supportive in improving venous integrity and reduce swelling of affected tissues.

## Witch Hazel

You're using for a topical cream remedy instead of a capsule or tea (which is common with Butcher's Broom) you can turn to witch hazel. You can apply the cream for [external hemorrhoids](#). In addition to products, witch hazel is also available in medicated pads and products.

- Witch hazel is great for bleeding hemorrhoids as it is known for its astringent-acting capabilities.
- Furthermore, when taken cold, witch hazel can help alleviate pain and discomfort commonly associated with hemorrhoids.



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## Bioflavonoids

Bioflavonoids are also great treatments and preventive measures for the condition. This plan compound works in conditioning the walls of the blood vessels, therefore decreasing swelling. Bioflavonoids are also greatly effective in treatment rectal release and pain during serious hemorrhoid attacks.

- You don't have to worry about the side effects of this [hemorrhoid treatment](#) because they are mild to none.
- Citrus fruits, like lemon and oranges, are excellent sources of bioflavonoids.

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Hemorrhoid Treatment.

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