

# Tips For Hemorrhoid Treatment - Using Natural Hemorrhoid Cure

**F**or those of you who are suffering from **hemorrhoids** and don't want any surgery, the truth is - since **hemorrhoids** are a natural problem which happen to the body, so there must be some natural ways to cure hemorrhoids.

- There a wide range of factors which can cause hemorrhoids, but basically, it happens when the veins in the rectum enlarge from straining or stress.
- This scenario happens when you are having constipation condition, which is caused by lacking fiber in your food which creating hard stool.
- The other factors are like, pregnancy or sitting for long periods of time.
- However, it is easy to correct this problem.
- As mentioned earlier, since hemorrhoids are natural, so we should make use of organic hemorrhoids treatment to be able to cure them.



## First, You Have to Put Yourself Together

Don't panic if you notice or be sure that you have hemorrhoid. Well, the signs and symptoms you have may seem overwhelming, such as, itching, burning, and even bleeding. But with the following information given in this article, you can take care of your hemorrhoids immediately and get rid of the problem at the same time. There are so many people who are suffering from the same symptoms you have and must find a few **hemorrhoid treatment** methods just like you do, so remember, you are not alone.

## There Has Been a Natural Remedy that Proven as a Great Hemorrhoid Treatment

It is called witch hazel. Since it is an astringent, so it can be used to gradually decrease the swelling. With the swelling goes down, this during **bowel** movement become a lot more tolerable. It is important that you need to go to the bathroom for a bowel movement actually ensure since it causes you the pain. But avoiding this kind of will create harder stool with more difficult to pass and cause a lot more painful.

- Having a fiber product can fix the solid stool problem.
- A diet with low fiber is the most important reason for having hemorrhoids.
- So, having a fiber supplement can make it a smaller amount painful for your bowel movement.

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## There is Another Way to Cure Hemorrhoid and Reduce the Painful Symptoms

Using a peeled garlic clove is the key to this method. This can be done by inserting a peeled garlic clove into the anus. You don't have to worry about it's position since it will be easily removed from your next bowel movement. You will notice a lot difference after using this method.

*Meanwhile, when you are looking for the way to cure your hemorrhoid, there is another way to naturally help you stop itching and burning by applying some aloe vera gel to the affected area.*

The end, for those of you who would like to see your doctor and ask for advice, please feel free to do so. But for those of you who want to avoid prescriptions and medications, but like the natural way to cure your hemorrhoid problem, the above information in this article has proven effective by many people. Also, it can be done by yourself at home.

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