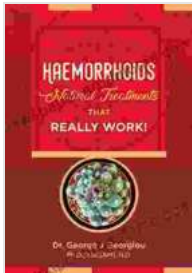


Haemorrhoids Natural Treatments That Really Work



Haemorrhoids: Natural Treatments That Really Work!

by Richard Clark

★★★★★ 5 out of 5

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Print length : 458 pages



Haemorrhoids are swollen veins in the anus and rectum. They can be caused by a variety of factors, including pregnancy, childbirth, chronic constipation, and straining during bowel movements. Haemorrhoids can be painful, itchy, and bleeding. While there are a number of conventional treatments for haemorrhoids, many people prefer to try natural remedies first.

Natural Treatments for Haemorrhoids

There are a number of natural treatments that can help to relieve the symptoms of haemorrhoids. These include:

1. **Sitz baths:** Sitz baths are warm baths that can help to soothe the pain and inflammation of haemorrhoids. To take a sitz bath, fill a bathtub

with warm water and sit in it for 15-20 minutes. You may add epsom salts or baking soda to the water to help reduce swelling.

2. **Witch hazel:** Witch hazel is a natural astringent that can help to shrink haemorrhoids. To use witch hazel, apply it to a cotton ball and gently dab it on the affected area. You may also add witch hazel to a sitz bath.
3. **Aloe vera:** Aloe vera is a natural anti-inflammatory that can help to soothe the pain and itching of haemorrhoids. To use aloe vera, apply it to a cotton ball and gently dab it on the affected area. You may also add aloe vera to a sitz bath.
4. **Tea tree oil:** Tea tree oil is a natural antiseptic that can help to kill bacteria and reduce inflammation. To use tea tree oil, add a few drops to a sitz bath or apply it to a cotton ball and gently dab it on the affected area.
5. **Lifestyle changes:** There are a number of lifestyle changes that can help to prevent and treat haemorrhoids. These include:
 - Eating a healthy diet that is high in fiber and low in processed foods
 - Getting regular exercise
 - Avoiding straining during bowel movements
 - Managing stress

When to See a Doctor

If you have haemorrhoids that are severe or do not respond to home treatment, it is important to see a doctor. Your doctor may recommend surgery to remove the haemorrhoids.

Haemorrhoids are a common problem, but they can be treated effectively with natural remedies. By following the tips in this article, you can find relief from the pain and discomfort of haemorrhoids.

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Long-term untreated HEMORRHOIDS

can lead to a risk of recurrence



The diagram shows a cross-section of the rectum and anal canal. A large, red, swollen, and protruding hemorrhoid is visible from the outside. Dashed lines connect this central image to five callout boxes. The callouts describe symptoms and risks: 'Tends to have rectal bleeding', 'Visible from the outside and the prolapsed hemorrhoid cannot be pushed back inside', 'At risk of infections and complications', and 'May have discharge or mucus'. A large box at the bottom provides a summary statement.

- Tends to have rectal bleeding
- Visible from the outside and the prolapsed hemorrhoid cannot be pushed back inside
- At risk of infections and complications
- May have discharge or mucus

If hemorrhoid at an early stage is left over time and not treated properly, a chance of inflammations and recurrence arise.

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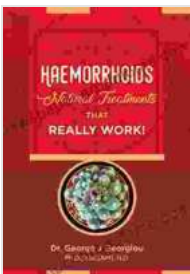
How to Take a Sitz Bath in a Tub

- Clean the tub.
- Fill the tub with 2 to 3 inches of warm water.
- While in tub, lean backwards so the water can reach the entire area.
- Remain in the tub for 10 to 15 minutes, drain the water, and pat yourself dry.









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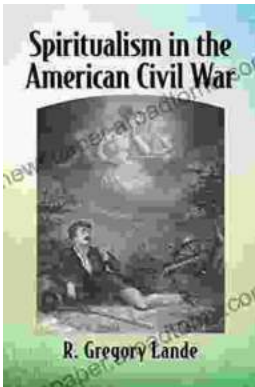
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