

# How to Get rid of hemorrhoids - Learn to Cure Hemorrhoids Within 3 Days

The lifestyle of the modern man has changed a great sort. Most of us are seen sitting in the office before the computer for hours together. This is the vital reason to invite **hemorrhoids** or **piles**. The biological condition of hemorrhoids is actually due to swelling of blood vessels around the anal region. The swelling of the blood vessels cause them to get expanded and become less strong. Due to this, there are chances of bleeding when any pressure is applied to the swellings. Thence, if you suffer from this challenge, you will find blood in the toilet bowl and on the toilet paper too.



- Applying an ice cube is a good treatment to be able to slow down the blood flow of the bruises and also injuries this will make you will feel better.
- Although, this is a good immediate **pile** treatment that prevents bleeding, yet you cannot keep the ice handy all the time.
- However, there are medicines that seem to treat the symptoms, but they treat merely the symptoms and not the root cause of the hemorrhoids problem.
- That is why you are feeling the situation has gone away, but after some time it returns again.
- Besides these such medicines provide instant, but short term effects.
- The effect may last for hours, but the situation returns again.

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**Internal Hemorrhoid Remedy** An internal hemorrhoid is usually undetected because it does not have any manifestation unless the condition is already in its advanced phase or a blood vessel ruptures. The typical symptoms are having blood in feces or there are occasions where the...

## Sitz Bath is Actually the Great Natural Treatment for the Hemorrhoids

In this natural treatment, you need to sit in a hot bath for at least 20 minutes. This will give you an instant relief. Performing this treatment few times a day can ease your discomfort. Besides this, you should have a look at your diet. You should take in the food which is enriched with fiber, which will make the bowl movements easier. Thus, fiber rich food and drinking 8-10 glasses of water throughout the day will stop the constipation which is the major reason for hemorrhoids. Within 3 days, you will find your hemorrhoids miraculously vanished if you stick to the natural remedies.



“ **Sadie Walters**

Sadie is a content marketing professional at [utioverthecounter.info](http://utioverthecounter.info), a collection of articles about medicine. In the past, Sadie worked as a advertising guru at a news startup. When she's not sourcing web articles, Sadie enjoys hiking and rock climbing.

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