

Hemorrhoid Help To Have You Sitting Comfortably Again

Doctors have recommended that pregnant women do not constantly lay on their backs for long periods of time. It is said that if you lie on your left side for twenty minutes every five hours that it will reduce the pain of **hemorrhoids** and may even keep them from forming.

- Great tip for your painful **hemorrhoids** is to use apple cider vinegar directly on the hemorrhoid itself.
- This is a good natural way to try to fix this awful situation you are experiencing.
- Use a cotton swab and apply directly to the area and as often as needed within reason.



Use Witch Hazel to Shrink Your Hemorrhoids

Soaking a cotton ball in a generous amount of witch hazel and applying it to the anus can provide immediate and lasting relief. Chilling it in the refrigerator can provide you with even more relief, and witch hazel will help to shrink the hemorrhoid causing you pain.

Take a Fiber Supplement to Treat Your Hemorrhoids

This will soften your stool and allow you to use the restroom with less discomfort. Fiber supplements are particularly useful if you do not like to eat greens as well as need another way to find relief. Be sure to drink a lot of water when taking them.

- Sleep is integral if you want to reduce the pain from the hemorrhoids you have.
- Try to aim for at least seven hours of sleep each night to help your body to restore its natural functionality.
- Be sure to get the ample rest to eliminate the painful symptoms of hemorrhoids.

Apply petroleum jelly to your hemorrhoids before a **bowel** movement. A bowel movement, especially a good one, can irritate hemorrhoids and cause them to hemorrhage. Applying petroleum jelly for your hemorrhoids before a bowel movement may help the stool pass smoothly without causing bleeding; it assists to to reduce the pain.

- As it was clearly seen in the beginning of the article, a healthy lifestyle is of the utmost importance when trying to avoid hemorrhoids.
- A healthy diet and an active lifestyle are each important parts of getting rid of hemorrhoids.
- This article can help you discover additional changes that you can make to prevent hemorrhoids.

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