

How To Shrink Hemorrhoids At Home

Are you wondering how to **shrink hemorrhoids** at home? **Hemorrhoids** that become swollen as well as inflamed, can be painful and uncomfortable. However, there are 3 natural methods you can try in the home to help to shrink **hemorrhoids**. In the event that they fail you and you don't see any changes, consult a doctor.

These 3 Treatments Have Been Recognized to Work, Over and Over Again...

Witch Hazel: This inexpensive herb can be bought at any pharmacy. Witch Hazel is a colorless, very relaxing fluid that can be applied to bleeding hemorrhoids. All you need to do is dabbed the witch hazel on the affected location with tiny cotton ball. This will stop the blood flow.

- **Ice Packs:** Ice is a natural way to reduce any swelling and discomfort.
- Applying ice packs throughout the day will help relieve the discomfort if the hemorrhoids.
- **Stiz Baths:** Stiz baths are very easy for anyone to set up and the only thing that's required is a bathtub.
- Fill your bathtub up with about four or five of warm water.
- The heat from the water will help alleviate the discomfort, causing blood flow to the affected area and reduce swelling.



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Hemorrhoid Treatment options - Did Giving Birth Cause You to Get Hemorrhoids? Sometimes there are other things that come with the joy of giving birth which is hemorrhoids! This is caused by labor, really giving birth. It is vital for ladies to push like you are having a bowel motion which is fabulous for getting the baby down...

- These are the 3 natural ways that can help shrink hemorrhoids.
- I know it's not glamorous or anything, but at the end of the day the only thing that counts is the shrinking of hemorrhoids.

None of the above sounds appealing as well as you want to learn how to shrink hemorrhoids naturally, quickly and painlessly then you need to be able to look at the **Natural Hemorrhoid Cure** website for tips and also guidance.

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