



Article published on June 22nd 2012 | [Alternative Medicine](#)

Irritated hemorrhoids can make life hell, these can cause severe pain during bowel movements, bleed and can restrict physical activity; use of effective natural remedies for curing hemorrhoids is safe and quick treatment to the problem. Due to presence of toxins, chemicals and other harmful matter in the waste matter these get irritated and inflamed, also due to pressure like women have during pregnancy or due to constipation these can swell up and pain and bleed to create depressing problem. Natural remedies for curing hemorrhoids are very effective as these naturally affect the causes of the problem and also side by side relieve the symptoms to provide immediate relief and long lasting cure.

Anti-inflammatory and pain relieving medicines are recommended in allopathic treatment to reduce pain and inflammation, this is just patch work and not a cure to the problem. Person gets a temporary relief and problem resurfaces in no time once again. Herbs treat root cause of the problem, these reduce quantity of substances in the waste matter which irritate hemorrhoids and also protect them from getting bruised and scratched due to hard feces by softening the fecal matter.

White radish juice is one of the very effective natural remedies for curing hemorrhoids. White radish juice contains vital minerals like calcium, copper, potassium and folic acid which are very useful in curing constipation and facilitating smooth digestion and bowel movements. These properties help in curing swelled and irritated hemorrhoids very effectively and provide quick cure to the problem.

Turnip juice is another very effective herbal remedy in curing hemorrhoids and it is widely used and recommended. Turnip juice also contains rich sources of vital nutrients which supplement the body cells and stimulate metabolism. Turnip juice consumed after mixing with watercress, carrot or spinach juice supplement the body with calcium, vitamin C, vitamin K, folic acid and lutein. All of these are wonderful supplements to improve digestion, flush harmful chemicals out of the system and provide smooth and easy bowel movements to work as effective herbal remedy in curing hemorrhoids.

Bitter gourd juice is boon for improving liver functioning by protecting it from harmful effects of stressors. This juice is also recommended as effective herbal remedy in curing hemorrhoids. Blending bitter gourd with buttermilk to prepare a glass of mixture and consuming two glasses of it everyday for three months is a sure treatment to the problem. This improves functioning of liver for proper digestion and toxin free system which provides long lasting relief from the problem. The paste of bitter gourd can be applied topically for relieving swelling and pain caused by external hemorrhoids. Paste of white radish is also very effective in relieving pain and swelling caused by external hemorrhoids.

One should eat foods which get easily digested and also food items which improve digestion. Fruits and vegetable shall be consumed in larger quantities and refined, processed and spicy food shall be strictly avoided. Drinking plenty of water is very useful for preventing irritated hemorrhoids.

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hemorrhoids remedies, natural remedies for hemorrhoids, curing hemorrhoids, hemorrhoids natural remedies

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