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# Table Of Contents

<b>Introduction</b> .....	4
<b>Chapter 1: What Are Hemorrhoids?</b> .....	5
<b>Chapter 2: Main Causes of Hemorrhoids</b> .....	6
<b>Chapter 3: Recognizing the Symptoms Early</b> .....	7
<b>Chapter 4: Why You Shouldn't Ignore Hemorrhoids</b> .....	8
<b>Chapter 5: Quick Relief at Home</b> .....	9
<b>Chapter 6: The Role of Diet in Hemorrhoid Relief</b> .....	10
<b>Chapter 7: Lifestyle Changes That Make a Difference</b> .....	11
<b>Chapter 8: Proven Over-the-Counter Solutions</b> .....	12
<b>Chapter 9: Natural and Herbal Remedies</b> .....	13
<b>Chapter 10: Medical Treatments To Consider</b> .....	14
<b>Chapter 11: Preventing Hemorrhoids from Returning</b> .....	15
<b>Chapter 12: Hemorrhoids During Pregnancy</b> .....	16
<b>Chapter 13: Myths and Misunderstandings</b> .....	17
<b>Chapter 14: Creating a Hemorrhoid Relief Plan</b> .....	18
<b>Chapter 15: Staying Confident and Comfortable</b> .....	19
<b>Conclusion</b> .....	20

# Introduction

## Why This Report Matters

Hemorrhoids are more common than most people realize, yet they are often ignored because of embarrassment or misunderstanding. This report matters because it provides clear, simple, and reliable information that can help anyone dealing with the discomfort of hemorrhoids. Whether you've just noticed symptoms or you've struggled for a while, knowing what to do can make all the difference. By reading this report, you'll gain practical advice that you can use right away to ease discomfort and prevent flare-ups.

## Understanding Hemorrhoids Clearly

Many people confuse hemorrhoids with other issues, which leads to the wrong approach for relief. At its core, hemorrhoids are swollen veins in or around the rectum and anus, often caused by pressure, strain, or poor habits. They can be internal (inside the rectum) or external (under the skin around the anus). Understanding the basics is the first step toward finding lasting relief. This guide keeps the explanations simple, so you can quickly grasp what's happening and what you can do about it.

## How This Guide Will Help You

The purpose of this guide is to cut through the confusion and provide step-by-step solutions. From lifestyle adjustments and natural remedies to effective over-the-counter options like [Preparation H Hemorrhoid Cream](#), you'll learn different ways to get relief. The report also shows how to prevent hemorrhoids from returning by making small, lasting changes in your daily routine. By the end, you'll have a clear plan to reduce discomfort, heal faster, and feel confident again.

# Chapter 1: What Are Hemorrhoids?

## **Internal vs. External Hemorrhoids**

Hemorrhoids come in two main types: internal and external. Internal hemorrhoids form inside the rectum and are usually not visible. They often cause painless bleeding during bowel movements but can sometimes prolapse, meaning they push through the anus. External hemorrhoids, on the other hand, develop under the skin around the anus. These are easier to see or feel and often cause itching, swelling, and discomfort. Knowing the difference helps you understand your symptoms better and choose the right relief methods.

## **Common Symptoms To Watch For**

The most common signs of hemorrhoids include itching, burning, mild pain, and swelling near the anus. In some cases, you may notice streaks of bright red blood on toilet paper after wiping. Another noticeable symptom is a lump or tender bump near the anus, especially with external hemorrhoids. Not every case causes pain, but discomfort can range from mild to severe. Paying attention to these warning signs early can help you take quick action before the condition worsens.

## **How They Develop Over Time**

Hemorrhoids don't just appear overnight; they usually build up gradually. Increased pressure on the veins in the rectal area is the main cause. Straining during bowel movements, sitting for long periods, or chronic constipation can all contribute. Over time, this pressure weakens vein walls, leading to swelling and irritation. If ignored, symptoms can progress from mild itching to more painful or even bleeding hemorrhoids. Early awareness and treatment are key to stopping this progression and restoring comfort.

## Chapter 2: Main Causes of Hemorrhoids

### **Lifestyle and Diet Triggers**

One of the biggest triggers for hemorrhoids is poor diet and daily habits. Diets low in fiber make stools harder and more difficult to pass, causing strain during bowel movements. Sitting for long stretches, especially on the toilet, also adds pressure to the veins around the rectum. Lack of exercise further slows digestion, increasing the risk. These lifestyle choices create a cycle of constipation and straining that weakens the veins, eventually leading to painful or swollen hemorrhoids.

### **Genetic and Health Factors**

While habits play a large role, some people are simply more prone to hemorrhoids due to genetics. If your parents or siblings have struggled with them, your chances are higher. Other health factors also increase risk. Obesity places extra pressure on rectal veins, while chronic conditions such as liver disease or prolonged coughing can add to the strain. Pregnant women are also at risk because of increased pressure in the pelvic area. These factors make prevention even more important.

### **Everyday Habits That Contribute**

Some everyday habits that seem harmless can quietly worsen hemorrhoids. Holding in bowel movements makes stools harder, increasing straining later. Spending too much time on the toilet—scrolling on your phone, for example—keeps pressure on rectal veins. Wearing tight clothing that restricts circulation may also add to the problem. Even ignoring mild constipation instead of addressing it early can contribute. Small changes in these habits can have a big impact on reducing discomfort and preventing hemorrhoid flare-ups.

## Chapter 3: Recognizing the Symptoms Early

### **Itching and Discomfort**

One of the first signs people notice is itching around the anus. This happens because hemorrhoids irritate the surrounding skin, leading to constant discomfort. The area may feel sore or sensitive, especially when sitting for long periods. While itching may seem minor, it often signals that swollen veins are already forming. Paying attention to these early signs gives you a chance to take simple steps, like using gentle wipes or applying soothing creams, before the condition worsens.

### **Bleeding and Pain**

Another early symptom is light bleeding during or after bowel movements. The blood is usually bright red and may appear on toilet paper or in the toilet bowl. Some people also experience pain, especially if the hemorrhoid is external or has developed a clot. Although the bleeding can be alarming, it's often mild at first. However, it's important not to ignore it. If bleeding continues or worsens, it's wise to consult a doctor to rule out other conditions.

### **Swelling and Lumps**

Swelling around the anus is a common physical sign of hemorrhoids. With external hemorrhoids, you may notice a small lump or bulge that feels tender to the touch. This lump can grow larger if the hemorrhoid becomes irritated or inflamed. Some people also experience a feeling of fullness in the rectal area, even after a bowel movement. Recognizing these changes early allows you to act quickly, using remedies like [Preparation H Hemorrhoid Cream](#) to ease swelling and discomfort.

## Chapter 4: Why You Shouldn't Ignore Hemorrhoids

### Risks of Delaying Treatment

Ignoring hemorrhoids might seem easy at first, especially if the symptoms are mild. However, leaving them untreated can make the problem worse. Small irritations can quickly grow into larger, more painful hemorrhoids that interfere with daily life. The longer you delay, the more difficult it becomes to treat them with simple home remedies. Early attention often means quicker relief, fewer complications, and less discomfort overall. Acting fast saves time, money, and unnecessary pain later.

### When Hemorrhoids Become Serious

While many cases of hemorrhoids are mild, they can become serious if left unchecked. Prolapsed hemorrhoids, for example, extend outside the anus and may require medical treatment. Thrombosed hemorrhoids, which occur when blood clots form inside swollen veins, are especially painful and need urgent care. Ignoring signs like frequent bleeding, extreme swelling, or severe pain can lead to complications that no cream or home remedy can fix. Knowing when to seek medical help is essential.

### Medical Complications To Avoid

Untreated hemorrhoids can lead to infections, chronic bleeding, or even anemia from long-term blood loss. Severe cases may also increase the risk of skin irritation and ulcers in the anal area. In some situations, the hemorrhoid can become strangulated, cutting off blood supply and causing intense pain. These complications are not only uncomfortable but also require medical procedures to resolve. By addressing hemorrhoids early—using relief options like [Preparation H Hemorrhoid Cream](#) or lifestyle changes—you can avoid these risks altogether.

## Chapter 5: Quick Relief at Home

### **Cold Compresses and Warm Baths**

One of the simplest ways to ease discomfort is to use cold compresses or ice packs on the affected area. The cold reduces swelling and numbs pain, giving quick relief. Alternating with warm baths, also known as sitz baths, can further relax the area and improve blood flow. Just sitting in a few inches of warm water for 10 to 15 minutes a couple of times a day can make a big difference. These simple remedies are often the first step toward comfort.

### **Over-the-Counter Creams and Ointments**

Another fast solution comes from over-the-counter products. Creams, ointments, and medicated wipes help soothe irritation and shrink swollen veins. Many people find quick relief using trusted products like [Preparation H Hemorrhoid Cream](#), which reduces pain, itching, and swelling effectively. These products are easy to apply and often provide results within days. While they don't cure hemorrhoids completely, they make everyday life much more manageable by calming symptoms right away.

### **Natural Soothing Remedies**

If you prefer natural options, there are several choices available. Aloe vera gel can provide a cooling effect that reduces irritation. Witch hazel, often found in wipes or liquid form, works as a natural astringent to shrink swollen tissue. Coconut oil is another gentle remedy that soothes itching and promotes healing. While natural methods may not work as quickly as medical creams, they can be a safe and comforting addition to your daily routine, especially for mild cases.

## Chapter 6: The Role of Diet in Hemorrhoid Relief

### **High-Fiber Foods To Eat Daily**

A fiber-rich diet is one of the most effective ways to prevent and relieve hemorrhoids. Fiber softens stools, making them easier to pass without straining. Whole grains, beans, lentils, fruits, and vegetables are excellent sources. For example, apples, pears, and leafy greens provide both soluble and insoluble fiber. Adding these foods to your daily meals supports smooth digestion and reduces the risk of painful bowel movements. Gradually increasing fiber intake helps avoid bloating or gas.

### **Hydration and Its Importance**

Drinking enough water is just as important as eating fiber. Without proper hydration, fiber cannot do its job effectively. Water keeps stools soft and prevents constipation, which is a major trigger for hemorrhoids. Aim for at least 6 to 8 glasses of water each day. Herbal teas and water-rich foods, like cucumbers and melons, also contribute to hydration. Staying hydrated supports overall digestion and keeps the digestive system running smoothly, reducing strain on rectal veins.

### **Foods You Should Limit or Avoid**

While some foods help, others can make hemorrhoids worse. Processed foods low in fiber, like white bread, chips, and fast food, slow digestion and promote constipation. Spicy foods may irritate hemorrhoids and increase discomfort during bowel movements. Excessive caffeine and alcohol can dehydrate the body, making stools harder. Limiting these items reduces flare-ups and helps healing. By focusing on whole, natural foods and avoiding irritating choices, you create a diet that supports long-term relief.

## Chapter 7: Lifestyle Changes That Make a Difference

### **Exercise and Movement**

Regular physical activity plays a huge role in preventing and easing hemorrhoids. Exercise improves blood circulation, reduces pressure on the veins, and keeps digestion moving smoothly. Even light activities such as walking, stretching, or yoga can help. Avoid heavy lifting that strains the body, but focus on consistent, moderate exercise. Just 20 to 30 minutes a day is often enough to reduce constipation and lower the risk of flare-ups, making hemorrhoids easier to manage.

### **Sitting Habits and Posture**

How you sit throughout the day can affect hemorrhoid discomfort. Sitting for long periods, especially on hard surfaces, puts extra pressure on rectal veins. If you work at a desk, stand up and stretch every hour. Using a cushion can also make sitting more comfortable. Good posture helps too, as slouching increases strain in the pelvic area. Making these small adjustments can greatly reduce irritation and prevent hemorrhoids from worsening.

### **Healthy Bathroom Practices**

Bathroom habits often play a direct role in hemorrhoid problems. Straining, sitting too long, or reading on the toilet keeps unnecessary pressure on veins. Instead, go as soon as you feel the urge, and don't delay bowel movements. Using a small footstool to elevate your legs can also help align the rectum for easier passing of stools. Combined with a fiber-rich diet and hydration, these healthy bathroom practices reduce the risk of hemorrhoids and support long-term relief.

## Chapter 8: Proven Over-the-Counter Solutions

### How Hemorrhoid Creams Work

Over-the-counter creams are often the first line of defense for quick hemorrhoid relief. These products are designed to reduce swelling, soothe itching, and numb pain. Most contain ingredients like hydrocortisone to ease inflammation or lidocaine to provide temporary numbing. While they don't cure hemorrhoids completely, they can make daily life much more manageable by calming symptoms. Using these creams as directed can help you stay comfortable while you make longer-term lifestyle changes.

### Benefits of [Preparation H Hemorrhoid Cream](#)

One of the most trusted names in hemorrhoid relief is Preparation H. This cream works by shrinking swollen veins, soothing irritation, and reducing itching almost immediately. Many people rely on it because it provides fast, noticeable comfort. In addition, it's easy to apply and can be used multiple times a day as needed. For those experiencing flare-ups, Preparation H offers a reliable and convenient solution that blends well with other at-home remedies like sitz baths.

### Choosing the Right Product for You

While creams are helpful, not every product works the same way for everyone. Some people prefer medicated wipes for easier cleanup, while others may use suppositories for internal hemorrhoids. It's important to read labels carefully and choose products that match your symptoms. For instance, if itching is your main issue, an anti-itch formula may be best. If swelling is severe, a product focused on reducing inflammation might work better. Finding the right fit ensures maximum comfort and relief.

## Chapter 9: Natural and Herbal Remedies

### **Witch Hazel Benefits**

Witch hazel is one of the most popular natural remedies for hemorrhoids. Known for its anti-inflammatory and astringent properties, it helps shrink swollen tissue and reduce itching. Witch hazel can be applied directly to the affected area with a cotton pad or used in pre-moistened wipes for convenience. Many people find it soothing, especially after bowel movements. Because it's gentle and natural, witch hazel is often recommended as a safe option for mild hemorrhoid relief.

### **Aloe Vera and Its Cooling Effect**

Aloe vera is another natural choice that provides quick comfort. Its gel contains compounds that reduce inflammation and promote healing. When applied to the affected area, aloe vera delivers a cooling effect that eases burning and itching. It can be used alone or alongside other treatments, such as [Preparation H Hemorrhoid Cream](#), for additional relief. For best results, use pure aloe vera gel rather than products mixed with additives or fragrances that may cause irritation.

### **Essential Oils for Comfort**

Certain essential oils may also help with hemorrhoid symptoms. Oils like tea tree, lavender, and chamomile have natural anti-inflammatory and soothing properties. They can reduce swelling and promote comfort when diluted with a carrier oil, such as coconut or olive oil. However, essential oils should never be applied directly to the skin without dilution, as they may cause irritation. With careful use, they can provide an extra layer of relief and relaxation as part of a natural care routine.

## Chapter 10: Medical Treatments To Consider

### When To See a Doctor

While many cases of hemorrhoids can be managed at home, sometimes medical help is necessary. If you experience persistent bleeding, severe pain, or hemorrhoids that keep coming back, it's time to see a doctor. A healthcare professional can confirm whether your symptoms are truly from hemorrhoids or another condition. Early consultation prevents complications and ensures you get the right treatment. Don't wait until the problem becomes unbearable—professional advice can save you a lot of discomfort.

### Minimally Invasive Procedures

For hemorrhoids that don't respond to home care or over-the-counter products like [Preparation H Hemorrhoid Cream](#), doctors may recommend minimally invasive procedures. These include rubber band ligation, which cuts off blood supply to the hemorrhoid, and infrared coagulation, which uses heat to shrink swollen veins. These treatments are usually quick, done in a doctor's office, and require little recovery time. They are less painful than surgery and often provide long-term relief.

### Surgical Options Explained

In more severe cases, surgery may be the best solution. Hemorrhoidectomy, the surgical removal of hemorrhoids, is highly effective but usually considered a last resort. Another option is stapled hemorrhoidopexy, which repositions prolapsed hemorrhoids and cuts off blood supply. Surgery may sound intimidating, but it can provide lasting relief for people with chronic or severe hemorrhoids. While recovery may take longer, modern techniques have made these procedures safer and more effective than ever before.

# Chapter 11: Preventing Hemorrhoids from Returning

## **Building Long-Term Healthy Habits**

Prevention is always better than treatment, and small, consistent habits go a long way in keeping hemorrhoids from coming back. Eating a high-fiber diet, drinking enough water, and staying active all help maintain smooth digestion. Avoiding long periods of sitting or standing also reduces pressure on the rectal veins. When these habits become part of your lifestyle, they create a strong defense against future flare-ups, giving you lasting comfort and peace of mind.

## **Bathroom Tips for Prevention**

The way you handle bathroom time directly affects hemorrhoid health. Always respond quickly when you feel the urge—don't delay. Straining puts unnecessary pressure on veins, so aim for a natural and relaxed bowel movement. Using a small footstool to elevate your legs can also align your body better, making it easier to pass stools. Keeping the area clean with gentle wipes rather than harsh toilet paper reduces irritation. These small steps make a big difference in prevention.

## **Monitoring Your Diet and Lifestyle**

Even after symptoms improve, it's important to keep track of what you eat and how you live. A food journal can help identify triggers like spicy meals, low-fiber foods, or dehydration. Similarly, noting activity levels and stress can reveal patterns that lead to flare-ups. Combining this awareness with remedies such as [Preparation H Hemorrhoid Cream](#) when needed ensures that you stay ahead of the problem. Consistent monitoring helps you catch issues early before they become painful again.

# Chapter 12: Hemorrhoids During Pregnancy

## Why They Are Common in Expecting Mothers

Pregnancy often increases the risk of hemorrhoids because of the extra pressure placed on pelvic veins. As the baby grows, blood flow slows down in the lower body, causing veins in the rectal area to swell. Hormonal changes also relax vein walls, making them more likely to bulge. Constipation, which is common during pregnancy, adds even more strain. These factors combine to make hemorrhoids a frequent issue for expectant mothers.

## Safe Relief Options for Pregnant Women

During pregnancy, safety is the top priority. Warm sitz baths and cold compresses are both safe and effective for soothing discomfort. Increasing fiber and fluids also helps prevent constipation, which reduces strain. Some over-the-counter remedies, such as [Preparation H Hemorrhoid Cream](#), may be considered safe, but it's important for pregnant women to check with their healthcare provider before using any medication. Simple lifestyle adjustments often provide significant relief without risk to mother or baby.

## Tips for Postpartum Recovery

Hemorrhoids don't always disappear after childbirth, and many women experience flare-ups during recovery. Gentle care is essential—continuing a fiber-rich diet and staying hydrated helps the healing process. Sitz baths and natural remedies like aloe vera can reduce swelling and irritation. New mothers should also avoid heavy lifting and prolonged sitting when possible. With time and the right care, postpartum hemorrhoids usually improve, allowing mothers to focus on recovery and bonding with their newborns.

## Chapter 13: Myths and Misunderstandings

### What Hemorrhoids Are *Not*

Many people confuse hemorrhoids with other conditions, such as anal fissures or skin tags. Hemorrhoids are swollen veins, not cuts or growths. They are also not always painful—some cases cause only mild discomfort or bleeding. Understanding what hemorrhoids are *not* helps avoid panic and ensures you get the right treatment. If symptoms don't match common signs of hemorrhoids, it's always best to check with a doctor for an accurate diagnosis.

### Myths About Treatment Options

There are plenty of myths around hemorrhoid treatments. Some believe hemorrhoids go away on their own without any action. While mild cases may improve, most require at least dietary or lifestyle changes to prevent recurrence. Another myth is that surgery is the only cure. In reality, many people find lasting relief through diet, exercise, and trusted products like [Preparation H Hemorrhoid Cream](#). Clearing up these myths makes it easier to choose effective, practical solutions.

### Clearing Up Common Confusion

Confusion often arises because hemorrhoids share symptoms with other health issues. Rectal bleeding, for example, might not always mean hemorrhoids. That's why medical advice is important if symptoms are severe or ongoing. Another point of confusion is the belief that only older adults get hemorrhoids—when in fact, people of all ages can develop them. By clearing up these misunderstandings, you can better recognize the condition and take the right steps toward relief and prevention.

## Chapter 14: Creating a Hemorrhoid Relief Plan

### Tracking Your Symptoms

Keeping a simple record of your symptoms helps you understand what triggers flare-ups. Write down when discomfort starts, what foods you ate, and how active you were. Noticing patterns makes it easier to avoid problem foods or habits. For example, if symptoms get worse after eating spicy meals or sitting too long, you'll know what to adjust. Tracking also helps you explain your condition clearly if you decide to consult a doctor.

### Building a Routine That Works

Consistency is key when it comes to relief. Start by setting daily habits, like eating fiber-rich meals, drinking enough water, and taking short walks. Include comfort measures such as warm sitz baths or applying [Preparation H Hemorrhoid Cream](#) when needed. A routine reduces guesswork and ensures your body gets the support it needs every day. By sticking to a simple plan, you'll see progress more quickly and maintain comfort in the long run.

### When To Seek Extra Support

Sometimes, self-care isn't enough. If hemorrhoids keep coming back or symptoms become severe, extra support may be necessary. This could mean visiting a doctor for professional treatment or asking loved ones for help with lifestyle changes. Seeking support doesn't mean you've failed—it means you're taking the condition seriously. With medical advice, stronger treatment options, and encouragement from others, you can feel confident knowing you're not alone in your journey toward lasting relief.

## Chapter 15: Staying Confident and Comfortable

### **Restoring Daily Comfort**

Living with hemorrhoids can feel discouraging, but relief is possible. Small changes, like using cushions when sitting, avoiding long toilet sessions, and applying soothing products, help restore daily comfort. Taking time to care for your body reduces irritation and makes it easier to go about your normal routine. The goal is not only to ease pain but also to bring back confidence in everyday activities without constant worry about discomfort.

### **Building Confidence Through Healing**

Confidence grows as symptoms improve. Knowing that lifestyle adjustments, natural remedies, and trusted products like [Preparation H Hemorrhoid Cream](#) can help puts you back in control. Instead of feeling embarrassed or helpless, you'll feel empowered by the knowledge that healing is within reach. Over time, small victories—like sitting comfortably, exercising without pain, or enjoying meals without fear—restore both physical and emotional well-being.

### **Long-Term Relief and Peace of Mind**

The ultimate goal is lasting relief. By following the guidance in this report, you can create habits that protect your health and prevent flare-ups. With a balanced diet, proper hydration, and smart bathroom practices, hemorrhoids can be managed and often avoided altogether. Knowing you have practical solutions at your fingertips brings peace of mind. With consistency and care, you can stay comfortable, confident, and free from the setbacks that hemorrhoids once caused.

# Conclusion

## Key Takeaways

Hemorrhoids are common, but they don't have to control your life. By understanding what they are, recognizing the symptoms early, and taking action, you can find real relief. Simple lifestyle changes—like eating more fiber, drinking water, and staying active—make a big difference. Trusted remedies, such as [Preparation H Hemorrhoid Cream](#), can help manage flare-ups quickly and effectively. Prevention is just as important as treatment, and with the right plan, you can avoid future discomfort.

## Final Words of Encouragement

Dealing with hemorrhoids can feel frustrating and even embarrassing, but you are not alone. Millions of people face this issue, and many have found lasting relief through simple, practical steps. You now have the knowledge and tools to take charge of your health. Whether through home remedies, lifestyle improvements, or medical care when necessary, relief is within your reach. The key is consistency, patience, and taking action sooner rather than later.

## Next Steps for Relief

Start today by making small changes: add fiber to your meals, drink an extra glass of water, or take a short walk after dinner. If you need quick comfort, consider safe over-the-counter solutions. Track your progress and adjust as needed until you find the routine that works best for you. With steady effort, you'll notice improvements in comfort and confidence. This is your first step toward freedom from hemorrhoids and a healthier, more comfortable life.

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Recommended product: [Preparation H Hemorrhoid Cream](#)