



## Health Fact Sheet

# Help for A Hiatus Hernia

This is a surprisingly common complaint – most people suffering from general poor health have this condition, many without realizing it.

A hiatus hernia is where the stomach protrudes through the top of the diaphragm, where it opens for the oesophagus, into the chest. Some people are aware of having a hiatus hernia due to acid reflux problems, but many people are unaware of it, despite it causing a variety of different problems. Some of the symptoms include:

Inability to breath from the diaphragm

The sensation of a 'lump' in the throat

Acid reflux problems

Difficulty in swallowing capsules

High metabolism due to over-stimulated thyroid gland

Chronic intestinal gas (ileo-cecal valve is unable to close properly due to being swollen and inflamed)

There are several self-help techniques which can improve, if not cure this problem.

1. Drink a pint of warm water first thing in the morning. Next, ideally jump down either a short flight of stairs or off a chair to get your stomach to 'drop'. The weight of the water will help with this, the idea being the weight of water and gravity will pull the stomach back through the diaphragm. If you can't do either of the above, stand on your toes and drop down suddenly onto your heels several times. Try this for a week or so.

A few drops of lobelia essence if you can find it, helps to relax the stomach and makes this technique more effective. Do this technique on an empty stomach.

2. Use manual manipulation – find a massage therapist or a chiropractor who knows how to treat a hiatus hernia.
3. You can try placing both your hands underneath your breastbone, in the centre of your ribcage and take a deep breath and then press your finger firmly into the solar plexus (just under breastbone) and push DOWN, bending forwards slightly, and you exhale with force. BE CAREFUL NOT TO PUSH UP. Repeat several times.
4. Ensure you are breathing correctly. You should breathe deeply from the abdomen. Shallow breathing, using just the top of the lungs is typical of a hiatus hernia. Put your hands on your abdomen. As you breathe in deeply they should move out. If this doesn't happen you are breathing from the top of your lungs, and need to sit back, relax and concentrate on adjusting your breathing pattern until you are abdominal breathing. Keep practicing this. If you find you cannot do this, a few drops of lobelia essence can help to relax the diaphragm.

5. Repressed emotions such as anger and frustration cause tension to be held in the diaphragm, which can help maintain a hiatus hernia. Finding healthy ways to release these emotions can make a big difference. One way to help release this tension is to take a deep breath, whilst making fists of your hands in front of you and then release the breath forcefully, shouting or screaming, and pounding your fists downwards as if you are hitting something. Do this several times, or whenever you feel tension start to build.

### **Other Things You Can Do**

It is wise to strengthen and tone the diaphragm to prevent a recurrence. Certain formulas are very helpful in supplying the nutrients needed and toning the abdominal muscles:

Red Raspberry supplement – excellent for toning abdominal muscles

Vitamin C – very important for tissue integrity and strength

Silica - is needed for tissue strength & flexibility. Horsetail is a source or try Tissue Salt No 12, Silica

If heartburn is an issue, instead of using antacids, which can have a detrimental effect on your ability to properly digest food the following is suggested:

Slippery Elm – excellent for soothing an irritated stomach lining and reducing effects of heartburn. Make into a tea (1/2 tsp powder steeped for an hour, sweeten to taste) or swallow capsules

Whole leaf aloe vera juice – aloe vera is very soothing and healing. Sip slowly

Digestive enzymes – to ensure the proper digestion of food.

Overall, the issue of body pH should be addressed to offset excess acidity.

If acid in your throat whenever you lie down is still a problem, sleep with your head and chest slightly elevated.