HIATAL HERNIA

Hiatal hernia happens when the stomach pushes upward through an opening in the diaphragm into the thorax. This is usually as a result of congenital abnormality or trauma and often is associated with gastroesophageal reflux in which the muscle that encircles the juncture of the stomach and esophagus, fails to keep food and acid from coming back up from the stomach into the throat.

It is estimated that 50% of people over 40 years old have hiatal hernia, but many are unaware of the condition because they are just small hernias causing not much problems.

The larger hernias are often linked to reflux problem.

Ulcers often accompany a hiatal hernia.

Acid reflux may lead to ulceration of the throat.

Symptoms:

Heartburn, belching
burning sensation and discomfort behind the breastbone.

Remedies:

- **aloe vera helps intestinal lining to heal -drink 1/4 cup aloe vera juice in the morning beneficial herbs: fenugreek, goldenseal (for limit only of 10 days), marshmallow root, red clover, slippery elm.**
- **Take digestive enzyme with meals**
- **at first sign of heartburn, drink 1-2 large glasses of water. If you need to, drink a large glass of water every 3 hr during waking hours.**
- **Don't eat large meals, keep them small**
- **avoid fats and fried foods**
- **give the stomach at least 2 hr after eating before doing any physical activity like lifting.**
- **Don't eat for at least 3 hr before bedtime**
- **don't lie down during the day if you have heartburn, sitting or standing helps to keep the stomach acids in the stomach**
- **hiatal hernia is always worse with anxiety and stress**
- **obesity always makes hiatal hernia worse**