



*New Vitality*

Holistic health from a biblical perspective



## Correcting a Hiatal Hernia Naturally

If you experience any of the following symptoms, then you may have a hiatal hernia:

- Shallow breathing
- Tension in the solar plexus region
- Difficulty swallowing pills
- Sensation of a lump in the throat
- Over-stimulated thyroid (high metabolism)
- Chronic intestinal gas
- Acid reflux

Over 50% of the population over age 40 has a hiatal hernia. If you suffer from a hiatal hernia, you will struggle with breathing deeply, and this will affect your oxygenation. A hiatal hernia is when your stomach pushes upward through the diaphragm (hiatus) and protrudes into the chest cavity. The esophageal sphincter opens up and digestive juices and food flow up the throat, causing acid reflux. Have no fear!

Consistently perform the following exercises 2-3 times per day for one month. The best times are before getting out of bed or after you lie down for the night:

1. Place thumbs together at bra line/ heart monitor line, which is at the bottom of the sternum (xyphoid process). Pull thumbs down together to belly button three times. This closes the **esophageal sphincter**.
2. Make a V with your hands by placing left thumb on your belly button and your right hand on your hip. Where your fingers come together, press into abdomen and gently lift. This closes the **ileocecal valve**.
3. Roll out of bed vs. sitting up as in doing a crunch or sit up; both are big culprits for hiatal hernias.