



Information for Hiatal Hernias

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Stomach is bulging up into diaphragm, sending stomach acid into esophagus, creating a burning feeling after eating.

For relief

[STOMACH COMFORT\(CHEWABLE\)\(60\)](#) – A healthy alternative to antacids.

For healing and prevention of symptoms

[MSM \(90\)](#) greatly reduces inflammation and therefore heals.

[INTESTINAL SOOTHE AND BUILD\(IMPROVED\)](#) or [ANTI-GAS, CHINESE](#) to soothe digestive tract and improve digestion.

[ANTI-GAS FORMULA \(WITH LOBELIA\)](#) or [ANTI-GAS, CHINESE](#) and [PDA COMBINATION \(200\)](#) to prevent the formation of gas.

Eliminate all carbonated beverages, coffee, and tea, except herbal.

Products can be referenced and purchased from: <http://www.mynsp.com/generali/index.aspx>
Brenda Generali, Nature's Sunshine Manager, 530-878-1119

Reference: Information was taken from Recipes for Success.