

CERTIFIED HEALTH & NUTRITION COUNSELOR ONLINE COURSE - SESSION 15:

• Parasites, Candida Albicans & Hiatal Hernias

Parasites

They eat off our tissues then release their toxic waste back into our systems. While most of us are familiar with some of these common culprits - ringworm, tapeworm, mites, and heartworm - few of us want to accept the possibility that our own bodies often host over a dozen different parasites that feed and live off our internal organs.

While parasites are most prevalent in areas with hot, humid climates, they are finding their way into a large number of American homes. Although they usually live in the gastrointestinal tracts of their hosts, they can travel to the joints and tissues causing aches and pain. Keeping your body healthy and clean decreases their chance of survival.

After my brother, a doctor, tested my middle son and me for parasites, I began a simple parasite cleanse and repeated it at least once a year. Years later our family started traveling to Mexico once a year, and after reading the book, "Guess What Came To Dinner" by Ann Louise Gittleman, I decided to do a more intense cleanse. While the health of our family seemed good as far as not having colds and flu, we struggled with food allergies, gas, sore joints and skin problems. Through my research, I learned the importance of treating the entire family at the same time, pets included.

I noticed that my youngest son, at the age of four, was grinding his teeth consistently at night. While this could be due to a lack of certain minerals, or even an emotional disturbance, it can also be due to parasites. Another symptom he has had for almost three years is an appetite swing between not wanting to eat anything at all, to not being able to eat enough. I took him to my chiropractor to have him muscle tested with a bottle of Parasites homeopathic medicine. That was exactly what he needed. Because of the dark circles under his eyes, another sign of parasites, my chiropractor recommended also using liquid black walnut.

Hulda Regehr Clark, Ph.D., N.D., in her book, "The Cure of all Cancers", claims ridding the body of parasites can cure cancer. She states, "In 1990 I discovered the true cause of cancer. The cause is a certain parasite, for which I have found evidence in every cancer case regardless of the type of cancer". I've never been diagnosed with cancer, so I can't prove or disprove her bold statement. But, I strongly believe that a person's health will improve after eliminating parasites, changing the environment where they thrive, and rebuilding the body to a healthy state causing new arrivals to perish before settling down to live.

Dr. Clark names the parasite responsible for cancer is the "intestinal fluke", a member of the flatworm family, which typically causes colitis, Crohn's disease and irritable bowel syndrome. It is when the organism moves out of the intestine and into other areas of the body that several problems result. After reading Dr. Clark's book and seeing pictures of a fluke, I realized that when I did my first major cleanse over ten years ago, I had passed these parasites. Dr. Clark believes that the fluke moves out of the intestine and into other organs such as the liver and survives in our bodies at different times. It may have started in the shoulder, moved to the chest, then back and so on throughout the body.

The common symptomatic complaints are digestive pain, nausea, headaches, or diarrhea (my two older sons experienced these after beginning their cleanses.) Acute symptoms range from ulcers, acne, foul breath, coated tongue, menstrual irregularities, skin problems, sleep disturbances, itching of the skin and the anus, and constant picking of the nose. Since these also relate to other diseases, they are often misdiagnosed for the flu, Epstein Barr/chronic fatigue syndrome, candida, colitis, or other immune related diseases. Allergies, types of cancer, irritable bowel syndrome and malabsorption syndrome can also be caused by parasites.

Treatment

"The most important element in diagnosing a parasitic infection is often the physician's suspicion that a parasite may be involved - a possibility that is too often overlooked." Consult a doctor if you suspect parasites. The basic test for determining parasites is through a purged stool sample. If this test shows up negative and you still suspect parasites, a doctor may recommend a blood test, sputum test, urine test, radiology test, a biopsy or a culture test. It is recommended that you maintain the following steps of treatment -preferably under the guidance of a health care practitioner. Various degrees of detoxification may take place throughout your body during treatment.

- **Clean the intestinal tract:** Parasites can't survive in a healthy environment. Remove mucus and encrusted waste through colonics and home enemas along with the use of herbal fibers such as: agar-agar, bentonite clay, beet root, comfrey root, flax seeds, papaya and psyllium husks. A tablespoon of 1

unprocessed oil a day helps keep the intestinal system lubricated decreasing the parasite's ability to cling to the walls of the intestine.

- **Modify your diet:** Avoid white flour and sugar. Eating a nutritional diet will build the intestinal tract while starving the parasite. A diet of 25% fat, 25% protein, and 50% complex carbohydrates is recommended.
- **Limit Your Intake of: Raw fruits and vegetables avoid cold or iced foods and drinks.** They cause the intestine to contract and hold in toxins. Avoid red meats. Add garlic, onions, carrot tops, radish roots, kelp, raw cabbage, ground almonds, pumpkin and sauerkraut to your diet. Enzymes such as bromelain, papain, pepsin, and hydrochloric acid help aid in digestion of food and parasites.
- **Eliminate parasites with** effective substances such as Nature's Sunshine herbal supplements, medication, homeopathic remedies, and supplements. Taking large doses of powdered vitamin C helps keep the colon clean and the bowel moving. Again, Type A blood is a predisposition in which the body doesn't produce enough hydrochloric acid, therefore, supplementing is often necessary.
- **Rebuild the intestinal tract:** With friendly bacteria. An overgrowth of Candida Albicans prevents production of hydrochloric acid and provides a toxic environment in which parasites can live. Add Lactobacillus acidophilus, Lactobacillus bifidus, Bifidophilus, and other flora supplements after eliminating the parasites. This restores the good flora that keeps the parasites from surviving.
- **Avoid re-infection:** Through a change in lifestyle and environment. Drink safe water, not stream or even city-treated water. Invest in a reverse osmosis water treatment, which blocks even the tiniest microorganism. Again, the most frequent ways parasites enter our bodies are through:
 - **Contaminated water and food.**
 - **Saliva (kissing).**
 - **The pores of the skin (walking barefoot).**
 - **Petting and handling animals and their feces.**
 - **Fleas and other insect bites.**
 - **Through the nose on windy days.**
 - **Sexual intercourse.**

It is important to remember to wash hands after petting pets, handling dirt or preparing raw meat. Thoroughly rinse your vegetables in water with 1-2 tablespoons of Clorox bleach, change bedding daily during treatment, and practice other common safeguarding tips. Be aware that parasites can also be transmitted through blood transfusions and breast milk.

Cleansing

Parasites are believed to be most active during a full moon. Therefore if you choose to do a cleanse, start two days before the moon is full. Drinking lots of water, eating figs and sesame seeds on an empty stomach will assist your cleanse during treatment. You may experience flu-like symptoms as the parasites die off. Hydrated bentonite and charcoal help to quickly rid the body of the die off.

A cleansing fast recommended by Jack Ritchason, for the intestinal tract consists in eating raw fruits and drinking fresh fruit juices diluted with equal parts of water for three days. During the fast Ritchason recommends taking the following:

- Herbal Pumpkin, 3, 3x a day
- Black Walnut, 4, 3x a day
- Chaparral, 1, 3x a day
- Special Formula #1, 1, 3x a day
- Normal dosage of Vitamin C

Herbs

There are a number of suggested remedies to use including: Homeopathic Remedy para-remedy; black walnut, cranberry powder, butt nut root, herbal pumpkin and thyme and sage which can be used every day on foods for seasoning.

Horsetail is known to kill the eggs of parasites, and wormwood helps expel worms and parasites. Garlic when eaten raw or used as an extract, helps kill roundworm and hookworm. Plants containing

alkaloid, or berberine, such as golden seal, help prevent the growth of parasites in the intestine and vaginal area. Some people have benefited from taking two capsules of Red clover, Pau D'Arco, and Echinacea three times a day. Nature's Sunshine recommends starting with their Tiao He cleanse, then using the Para cleanse.

We need to replace the myth that it's normal to have parasites living in our bodies with the fact that it is un-healthy to have an organism feeding off our nutrients, blood, and waste material. Our bodies don't need the extra hungry hitchhikers.

Sources: "Do You Have Parasites?" In Sunshine Sharing, Vol. 4 #10, 1993; "Parasites" in Today's Herbs, Vol. 15 #9, 1995; "The Neglected Tonics!" In Sunshine Sharing, Vol. 3 #6, 1992.

CANDIDA DIET

What Is Candida Albicans?

Candida Albicans is a yeast growth present in all of us and is normally controlled by bacteria in the intestines. But when something destroys helpful bacteria, the yeast begins to invade and colonize the body tissues. These yeast colonies release powerful chemicals into the bloodstream, causing such varying symptoms as lethargy, chronic diarrhea, yeast vaginitis, bladder infections, muscle and joint pain, menstrual problems, constipation and severe depression. The medical term for this yeast overgrowth is candidiasis (can di di' a sis).

Candida overgrowth is not a new problem, but is usually thought of as a minor infection of the mucous membranes, skin and nails. But the increased and sometimes excessive use of antibiotics, birth control pills and steroids will allow candidiasis to become a chronic, systemic infection that causes tissue damage throughout the body. Chemicals produced by the candida attack the immune system and if the immune system weakens, the candida will spread out into various body tissues and colonize.

Causes of Candida

What causes this normally harmless yeast to grow out of control? Several factors can lead to an overgrowth of candida. One is the use of antibiotics for extended periods. Broad-spectrum antibiotics taken for respiratory, urinary or ear infections are especially harmful because they destroy the Candida-controlling bacteria, as well as disease-causing bacteria. Steroids such as Cortisone (Decadron or other cortisone-type drugs) suppress the immune system's ability to fight Candida growth. Any hormone imbalance caused by birth control pills or frequent pregnancies also favor Candida overgrowth. There are usually parasites as well somewhere in the body when there is high Candida. Another cause of Candida overgrowth can be from a low Acidophilus and Bifidus culture in the colon. It is imperative that there are enough of these two friendly bacteria in the system in order to control Candida overgrowth. Without these friendly bacteria Candida can and probably will become out of control.

Symptoms of Candida

Both men and women can have candidiasis. However it does occur more frequently in women (especially young women) with more severe effects. Candida symptoms fall into the following four main areas:

Gastrointestinal and Genitourinary Symptoms

These include constipation, diarrhea, gas, bloating, indigestion, heartburn, PMS, recurrent yeast vaginitis, vaginal burning and itching, vaginal discharge, loss of sexual feelings and proctitis.

Allergic Symptoms

(These symptoms occur with the passing of toxins into the bloodstream.) These symptoms include hayfever, earaches, bronchitis (recurrent), hives, headaches, sore throats, coughing, acne, nasal congestion, and chemical sensitivities to tobacco smoke, perfume and foods. The person just feels "sick all over".

Disfunctioning Glandular and Organ Symptoms

These include infertility, menstrual problems, ovarian failure and ACTH deficiency, hypothyroidism, chronic lymphocystic thyroiditis, diabetes mellitus, impotence and endometriosis.

Emotional and Mental Symptoms

These occur because of central nervous system involvement. These include poor memory, fatigue, drowsiness, feelings of unreality, uncoordination, tingling and numbness, joint pain, muscle weakness, muscle pain, irritability, inability to concentrate, confusion and severe depression.

Diagnosis of Candida

Candida Albicans is present everywhere, subsisting on the surface of all living things. Since candida germs live in every person's body, especially on the mucous membranes, vaginal and other smears and cultures for the presence of candida are useless. Therefore the diagnosis for candidiasis is made from a person's medical history, score on a candida questionnaire or their response to a kinesiology/muscle test for candidiasis. Finally the diagnosis is confirmed by the person's response to treatment for candida overgrowth.

Treatment of Candida

Treatment for candidiasis is simple and effective. The goal is to get the yeast out of the tissues and to build up the body's ability to keep it out. There are several elements used in the treatment of yeast overgrowth. They are based on each patient's history and response to treatment.

1. Use of an anti-fungal herb called Pau d'Arco or Taheebo tea. Pau d'Arco is highly effective against Candida because it can penetrate into body tissues and work on a cellular level. Many doctors prescribe the anti-fungal drug Nystatin, which is only effective in the digestive tract.
2. Use of an anti-parasitic herbal combination called Herbal Pumpkin. This combination contains pumpkin seeds, culvers root, cascara sagrada bark, violet leaves, chamomile flowers, mullein leaves, marshmallow root and slippery elm bark, which have been proven to help support the immune system, stimulate the elimination system and therefore allow the body to eliminate the parasites.
3. Replace the microflora in the intestinal tract by taking capsules of Lactobacillus Acidophilus. These bacteria have been found to be extremely successful in reducing candida in the intestinal tract. Are you a coffee drinker? Do you drink decaffeinated or caffeinated? The rumors of decaffeinated coffee being less harmful for the body than caffeinated has been disproven by the medical establishment. Caffeine can kill up to 75% of the friendly acidophilus flora in the colon per cup of coffee. The same goes for decaffeinated. It takes the body approximately five hours to replace that flora depending on the diet and balance of the body at the time.
4. Take a combination of nutrient supplements that build-up the body's immunity and kill off the yeast or make it difficult for it to reproduce. An overgrowth of candida will interfere with the body's metabolism in ways that make normal amounts of nutrients ineffective, so there is an increased need for nutrition.
5. Eat a low carbohydrate diet with no more than 60-80 grams of carbohydrate per day. Because yeast feeds on sugar, wheat and dairy products they should be avoided. Yeasts, molds and fungi cross-react so yeast products should be avoided such as vinegar, mushrooms, cheeses, commercial breads and alcohol.
6. Avoid using antibiotics and steroids unless absolutely necessary since antibiotics promote the growth of the yeast germ in the body.
7. Stop using birth control pills and especially if there is discharge or headaches with periods. The progesterone of these pills causes changes in the vaginal mucus membrane, which makes it easier for candida to multiply.
8. Follow the Candida Control Diet. Fill out the Candida Albicans Questionnaire to find out if you need to do something about the amount of Candida present in your body.
9. Have yourself tested through Kinesiology to find out how much Candida is present in your body and what areas are affected by it.

Many clients notice a great improvement in as much as a few days and many within three weeks. Still it takes an average of six to twelve months to irradiate a candida overgrowth. The candida probably became well established before it was identified which is why treatment must be persistent. The major symptoms to improve are headaches, diarrhea, emotional and behavior problems, vaginitis and chemical sensitivities.

When fighting a Candida infection a person must be systematic and disciplined because the miseries of the problem do not cease immediately with treatment. Candida "die-off" can cause some very uncomfortable symptoms temporarily. These symptoms disappear soon after beginning the diet.

Summary

An overgrowth of Candida Albicans is a chronic, dangerous infection. If left unchecked it will continue to spread and break down the body's ability to fight off disease. Everyone including infants and children are susceptible to candidiasis. The goal when treating a candida infection is to remove yeast from the infected tissue and rebuild the immune system.

Candida Albicans Questionnaire

Candida Albicans symptoms are listed by category. As Candida is accumulative, this applies to the present and your entire past life. Score 1 if occasional, 2 if frequent, or 3 if severe.

DIGESTIVE SYSTEM

- _____ Gas w/most foods, not just one food
- _____ Intestine pain, colitis
- _____ Bloating with or w/o gas
- _____ Belching w/most foods
- _____ Constipation, stool hard-difficult to move
- _____ Diarrhea, stool watery over long period
- _____ Heartburn, chronic
- _____ Hiatal Hernia conditions

Total Score _____

- _____ Indigestion
- _____ Mucus in stools
- _____ Hemorrhoids
- _____ Dry mouth
- _____ Bad Breath
- _____ Crave sugars
- _____ Crave breads
- _____ Crave alcoholic beverages

NERVES AND STRESS

- _____ Headaches, occasional but constant
- _____ Migraine headaches
- _____ Depression
- _____ Lethargic
- _____ Laziness, consistent
- _____ Hyper-agitation
- _____ Memory, loss or poor
- _____ Concentration, noticeable less/loss
- _____ Energy loss

Total Score _____

- _____ Schizophrenia
- _____ Psychiatric drugs
- _____ Shock treatment
- _____ Dizziness, vertigo
- _____ Insomnia
- _____ Hyper-activity
- _____ Fatigue
- _____ Drained
- _____ Spacy feeling

GENITOURINARY

- _____ Vaginal, yeast outbreak, discharge, burning
- _____ Penis, Scrotum, yeast outbreak, fungi
- _____ Jock itch
- _____ Menses, irregularities, cramping
- _____ Premenstrual, anxiety, depression problems
- _____ Impotence
- _____ Urethritis
- _____ Cystitis

Total Score _____

- _____ Urinary infection reoccurring low grade
- _____ Bladder infection reoccurring low grade
- _____ Endometriosis
- _____ Prostatitis
- _____ Loss of sexual desire
- _____ Premenstrual tension
- _____ Urinary frequency/urgency
- _____ Urinary Burning

ALLERGY-MUCUS SYMPTOMS

- _____ Hayfever
- _____ Ear, draining, aches, infections
- _____ Hives
- _____ Asthma
- _____ Chemicals, sensitivity
- _____ Food, sensitivity
- _____ Odors, fragrances, sensitivity
- _____ Heat/cool sensitivity
- _____ Mucus, chronic body, nose, throat, etc.
- _____ Five sense disturbances
- _____ Tobacco smoke sensitivity
- _____ Eyes burning/tearing

Total Score _____

- _____ Ear Pain
- _____ Chest congestion
- _____ Wheezing
- _____ Headaches
- _____ Head fullness, pressure above ears
- _____ Itching, ears, nose, and body
- _____ Rashes, allergic
- _____ Blister, rash in mouth
- _____ Mucus congestion or nasal discharge
- _____ Dry throat
- _____ Cough

GENERAL, POTENTIAL CONTRIBUTING CAUSES FOR

- _____ Crohn's disease
- _____ Anorexia Nervosa
- _____ Systemic Lupus Erythematosus
- _____ Sarcoidosis
- _____ Myasthenia Gravis
- _____ Alcoholism, especially wine & beer
- _____ Drug addiction

Total Score _____

- _____ Multiple Sclerosis
- _____ Hypoglycemia
- _____ Hyperactivity
- _____ Psychosomatic disorders
- _____ Asthma
- _____ Allergies

GENERAL SYMPTOMS - ENVIRONMENTAL

_____ Fatigue	_____ Muscle aches
_____ Molds, exposure to, moldy house, close to ground	_____ Numbness, tingling, burning
_____ Fungus conditions, between toes/fingers, under finger nails or in skin folds	_____ Muscle weakness, paralysis
_____ Infection, chronic reoccurring	_____ Joints, pain or swelling
_____ Eye matting, infection, mucus discharge	_____ Spots in front of eyes
_____ Mouth infection/thrush	_____ Vision is erratic/failing
_____ Rashes, body/diaper	_____ Drowsiness
Total Score _____	_____ Lack of coordination when needed
	_____ Arthritis/joint swelling

Antibiotics kill both good and bad bacteria in the body creating a bacterial imbalance and the increase of Candida. Birth control pills historically add to Candida emergency. Consequently, these drug uses are weighed heavily.

DRUG	Used less than 1 month - Score 25	1 month or continued use - Score 50
Tetracyclines	_____	_____
Antibiotics	_____	_____
Prednisone or other cortisone type	_____	_____
Birth control pills	_____	_____
Drug Total	_____	_____
Combined Drug Total	_____	
Combined Category Total	_____	
Your Total	_____	

Candida can run from mildly irritating to severe, even life threatening. Even a low score then would require treatment if bothersome. A three in headache, yeast infection, etc., would invite corrective measures.

SCORES

1-30 would indicate Candida is in balance.

31-40 would indicate normal; however, Candida needs to be watched. Use mild Candida diet and treat irritating symptoms.

41-55 would indicate moderate Candida diet and treatment of Candida symptoms.

56+ would indicate severe Candida diet and full Candida treatment.

Candida Control Diet

DIET DO's

* * * FOODS YOU CAN EAT * * *

MEAT

Beef	Squirrel
Salmon	Rabbit
Chicken	Quail
Turkey	Duck
Lamb	Goose
Veal	Cornish Hen
Egg	Pheasant
Tuna	All game bird

BEVERAGES

Nature's Sunshine Vita-Lemon
Nature's Sunshine Herbal Beverage
Nature's Sunshine GlanDiet Shake
Water

FISH

All fresh fish
Clam
Lobster
Shrimp
Crab
Oysters

All meats & Eggs
No BACON, SAUSAGE, HAM
HOT DOGS, LUNCH MEATS

NUTS, SEEDS & OILS (UNPROCESSED)

Almonds
Brazil
Cashews
Filberts
Pecans
Pumpkin Seeds

ALL FRESH VEGETABLES

Asparagus	Lettuce
Beets	Onions
Broccoli	Parsley
Brussel Sprouts	Peas, Beans
Cabbage	Legumes
Carrots	Tomatoes (fresh)
Cauliflower	Summer Squash
Celery	Winter Squash
Cucumbers	Zucchini, Acorn
Eggplant	Red Potatoes
Green Peppers	Butter Squash
Greens	Radishes
Turnip	Okra
Spinach	Parsnip
Mustard	Corn
Beets	Collards
	Kale

AVOID ALL FRUIT FOR 2 WEEKS

Apple	Grapefruit
Avocado	Mango
Banana	Nectarine
Peach	Orange
Pear	Papaya
Apricot	Pineapple

EAT ALL FRUIT ALONE!!

(OILS - COLD PRESSED)

Almonds	Apricot
Avocado	Corn
Linseed	Olive
Safflowers	Sesame
Butter	

WHOLE GRAINS

Barley	Corn
Millet	Oats
Rice	Wheat
Cereal grains	Break & Muffins

Containing no yeast, honey, or sugar
Avoid All Grains for 2 Weeks. Reintroduce 1 at a Time.

DIET DONT's
*** * * FOODS YOU MUST AVOID * * ***

1. Fruit Juices: Either canned, bottled, or frozen. Exception: Freshly prepared juice.
2. Coffee & Tea: Regular coffee, instant coffee, decaffeinated coffee, and teas of all sorts including herb tea. Exception: Traditional medicinal herb teas.
3. Melons: Watermelon, honeydew melon, and especially cantaloupe.
4. Edible Fungi: All types of mushrooms, morels, and truffles.
5. Cheeses: All types including cottage cheese and cream cheese. Prepared foods, Velveeta, macaroni and cheese, any other cheeses containing snacks. NO buttermilk, sour cream, any other sour milk products.
6. Yeast: Brewer's yeast, baker's yeast, vitamins, minerals, unless labeled "yeast free" and "sugar free".
7. Antibiotics: Specifically penicillin, streptomycin, ampicillin, amoxicillin, keflex, ceclor, septrin, and bactrim.
8. Processed Foods: Packaged and processed foods containing yeast and refined sugar. Also avoid enriched flour products.
9. Nuts: Peanuts and pistachios usually contain mold, which in turn will feed yeast.
10. Sugar: All sugar containing foods and sweeteners.
11. Alcohol: Fermented liquors and liqueurs, and beverages such as cider and root beer.
12. Malt Products: Milk drinks, cereals, and candy.
13. Condiments, Sauces, and Vinegar-Containing Foods: Mustard, ketchup, Worcestershire, Accent (monosodium glutamate), steak, barbecue, chili, shrimp and soy sauces, pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat, and tamari. Also avoid sprouts. Vinegar of all kinds and vinegar containing foods such as mayonnaise, and salad dressing. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)
14. Processed & Smoked Meats: Pickled and smoked meats, fish including sausages, hot dogs, corned beef, pastrami, and pickled tongue.
15. Dried & Candied Fruits: Raisins, apricots, dates, prunes, figs, and pineapple.
16. Leftovers: Molds grow in leftover food unless it's properly refrigerated. Freezing is better.

Hiatal Hernia: An Overlooked Cause of Disease

By: Steven H. Horne

About three years ago Jack Ritchason, a naturopathic physician, corrected a health problem I must have carried since childhood--a hiatal hernia. The impact this simple maneuver has had on my health has amazed me. I immediately noticed a difference in my lung capacity and my digestion and in the months that followed I began to put some muscle on my skin and bones frame and gain newfound strength and stamina.

Dr. Ritchason tells me that this is a common health problem and my own observations as well as those of others confirm this fact. But this is more than a personal observation as the American Digestive Disease Society has estimated that nearly half of all adults--some 60 million people--have a hiatal hernia. It occurs more often in women than in men. It affects people of all ages; but is most prevalent in people over 50 and highly likely in people over 65.

The Great Mimic

Hiatal Hernia has been called the "great mimic" because it mimics many disorders. A person with this problem can get such severe pains in their chest that they think they are having a heart attack. They may think they have an over acid stomach because they will regurgitate stomach acid after they eat, or their stomach may hurt so badly they will think they have an ulcer. This is just a sampling of the symptoms that may occur from this disorder.

What is a Hiatal Hernia?

When you swallow, your food passes down a long tube known as the esophagus into the stomach. This tube must pass through a muscle known as the diaphragm, which is located near the bottom of your rib cage. This opening in the diaphragm, which permits the esophagus to pass through, is regulated by a sphincter muscle (or "valve"), which relaxes and opens when we swallow to permit the food to pass through the diaphragm and into the stomach. This sphincter then closes to prevent stomach acid from coming back up into the throat. A hiatal hernia occurs when the top of the stomach rolls or slides up into this opening and becomes stuck there.

Symptoms

Naturally, when part of the stomach is forced into this opening, the sphincter cannot close properly. Thus, stomach acid may travel back up into the esophagus causing burning sensations (heartburn), esophageal spasms, inflammations and ulcers.

The cramped position of the stomach can also stress the Vagus nerve, which stimulates the release of hydrochloric acid. This can cause both over and under secretion of hydrochloric acid and stomach enzymes. It may also affect the sphincter or valve at the bottom of the stomach so that digestive secretions "leak" out of the stomach and are lost before they have completed their job.

The hiatal hernia will also interfere with the movement of the diaphragm muscle. This muscle normally pulls downward to expand the chest capacity and inflate the lungs. Since the hiatal hernia interferes with this movement, the person may be restricted to shallow breathing, or will resort to using the chest and shoulders to expand the lung capacity and take a deep breath.

The esophagus may also "kink" in the throat, which will irritate the thyroid gland and may cause some difficulty in swallowing. Often persons with hiatal hernias will have difficulty in swallowing capsules or tablets as they get the sensation that they are "sticking" in their throat.

The irritation on the vagus nerve can cause reflex irritations throughout the body. The vagus nerve comes from the medulla and goes to the heart, esophagus, lungs, stomach, small intestines, liver, gall bladder, pancreas and colon. It also has links to the kidney, bladder, and external genitalia. Thus, a hiatal hernia may start imbalances in the system such as decreased stomach acid and pH imbalance in the intestines and elsewhere.

If a person develops poor stomach digestion due to a lack of hydrochloric acid; they will have difficulty digesting and assimilating protein and most minerals. It will also contribute to food putrefaction in the intestines, causing greater toxicity in the body. This lack of nutrition and toxic condition may contribute towards food allergies, constipation, anemia and immune and glandular system weaknesses.

Two other problems that a hiatal hernia may contribute to are asthma and heart disease. Since the hernia reduces the lung capacity by interfering with natural breathing, it could be a factor in asthma. The hernia may also put pressure on the heart. Gas in the intestines may put pressure on the hernia and push it against the bottom of the heart, which may be one way, in which a heart attack can be triggered. None of this spells immediate fatality, but it does point to a major contributing factor in degenerative illness.

Causes

The causes of a hiatal hernia are speculative and unique to each individual. However, there are a number causes. First of all there may be a mechanical cause. Improper lifting, hard coughing bouts heavy lifting, sharp blows to the abdomen (the kind that "knock the wind out of you"), tight clothing and poor posture may contribute to the development of this problem. Improper lifting may be the biggest mechanical cause of this disorder. If the air is not expelled out of a person's lungs while lifting, it will force the stomach into the esophagus.

Secondly, there are dietary causes. Hiatal hernia just about always accompanies a swollen ileocecal valve. The ileocecal valve is the valve between the small and large intestines which permits material to enter the colon from the large intestine, but prevents material in the colon from moving back into the small intestine. When this valve becomes swollen and irritated it cannot close properly. This allows material from the colon to leak back into the small intestine. This is analogous your sewer backing up into your kitchen. This creates gas and indigestion, which puts pressure on the stomach and presses it tighter against the diaphragm.

The relationship between the ileocecal valve and the hiatal hernia is a chicken/egg situation ... it is hard to know which comes first. However, it is clear that the ileocecal problem aggravates the hernia. Hence, the things that irritate that valve may be causal factors. These are the basic causes of digestive problems: poor food combining, overeating, drinking with meals, overeating and eating when upset.

Lastly, there are emotional causes. According to one applied kinesiologist text a hiatal hernia comes from repressed anger. A person "swallows their anger" and "can't stomach it." When you get angry, you suck your breath upward. If you fail to release this anger, your stomach stays up. I have observed that most of the people with severe hiatal hernias have a great deal of emotional stress and hold a lot of it inside.

Identification

The easiest way to tell if you or someone you know has a hiatal hernia is to place your fingers on the solar Plexus, just below the breastbone. Then take a deep breath. You should feel the solar plexus expand and move outward. If there is no movement at the solar plexus and you have to lift your chest and shoulders to take a deep breath, then you probably have a hiatal hernia. You should be able to take a deep abdominal breath without lifting your shoulders. There are other, more complicated, methods of determining if you have a hiatal hernia, such as muscle testing, but this is a fairly simple and reliable method.

Correction

Since a hiatal hernia is primarily a mechanical problem, the easiest and best way to correct it is mechanically. Medical doctors have attempted surgery to correct this disorder, but the results tend to be poor. Cutting into this area can further weaken it so that the hernia will return in short order. A better method is to manipulate the stomach and bring down the hernia by hand. Unfortunately, you can't do this to yourself. You will need to find a good chiropractor, applied kinesiologist or massage therapist who understands this problem and knows how to correct it. If you want to learn how to do this adjustment to others, you will have to find someone who does it and have them show you how since it is impossible to adequately describe the technique(s) in writing. They have to be learned through demonstration and practice.

Self-Adjustment

There are some self-help adjustment techniques. They aren't as effective as having someone else perform the adjustment, but they may help. The best one I've tried is to drink a pint of warm water first thing in the morning, then stand on your toes and drop suddenly to your heels several times. The warm water helps to relax the stomach and diaphragm and puts some weight in the stomach. By dropping down suddenly, the weight of the water helps to pull the stomach down. In a mild case, this might be enough to bring the hernia down. In a more severe case it may loosen the stomach and make it easier for someone else to bring it down. It will also help you to keep the stomach down once mechanical corrections have been made.

Nutritional Aids

Until the problem is corrected mechanically; there are some nutritional therapies, which may be of help. Immediate, but temporary, relief of pain and discomfort can often be achieved by the use of a mucilaginous herb like slippery elm or comfrey. These herbs absorb the digestive secretions and help to prevent their traveling back up the esophagus and burning it. They also help to prevent irritation of the ileocecal valve. Comfrey can also speed the healing of this problem once mechanical adjustments have been made. Comfrey/pepsin is a good combination for this problem as well. A digestive aid will help the person obtain the nutrients they need when the hernia is interfering with digestion. This may take the form of a hydrochloric acid supplement or a food enzyme tablet, or perhaps an herbal digestive aid such as papaya and peppermint, chamomile tea, safflowers, ginger root and so forth.

Other food or herb products that have been used to help people with hiatal hernias include: raw cabbage juice (where ulcerations have occurred), balm, barley water, brown rice, celery, coriander, gentian, hops, licorice, marshmallow and passion flower. Dietary modifications may be necessary to relieve the problem and to keep it from reoccurring once it has been corrected. Since the pressure of abdominal gas can push the stomach upward, it would be advisable to avoid gas-forming foods like beans. It would also be wise to watch food combinations carefully and to avoid overeating. Dr. Jack Ritchason recommends that people with hiatal hernias avoid eating any heavy meals after 3 pm.

Below you will find a checklist of symptoms, which will help you in identifying people who have this problem so they can take steps to correct it.

Symptoms of a Hiatal Hernia

What is a Hiatal Hernia? A hiatal hernia occurs when the top of the stomach rolls or slides up into the opening in the diaphragm which the esophagus passes through and becomes stuck there. This condition may create difficulty with digestion (and hence general nutrition and well being) as well as breathing difficulties, nervous problems, circulatory problems and glandular imbalances. All of the following symptoms have been connected with a hiatal hernia. If you have some of these symptoms especially those marked with an asterisk (*) you may wish to consider being checked for this condition.

- **DIGESTIVE DIFFICULTIES** *Belching, *Bloating, *Heartburn, *Difficulty digesting meat/high protein foods, Tension or pressure at the solar plexus, Sensitivity at the waist, Intestinal gas, Regurgitation, Hiccups, Lack or limitation of appetite, Nausea, Vomiting, Diarrhea, Constipation, Colic in children, Difficulty in gaining weight or overweight, Ulcers.
- **BREATHING AND CIRCULATION PROBLEMS** *Difficulty with deep abdominal breathing, *Difficulty in swallowing capsules, *Asthma, *Inability to take a deep breath from diaphragm, Overall fatigue, Tendency to swallow air, Allergies, Dry tickling cough, Full feeling at base of throat, Pain or burning in upper chest, Pressure in the chest, Pain in the left side of chest, Pressure below breastbone, Lung pain, Rapid heartbeat, Rapid rise in blood pressure, Pain in left shoulder, arm or side of neck.
- **STRUCTURAL COMPLAINTS** TMJ (Temporo-Mandibular Joint Pain), Bruxism (Grinding teeth in sleep), Joint pain, Localized or overall spinal pain, Headaches.
- **STRESS** *Suppression of anger or other emotions, *Living with or having lived with a quick-tempered person, Dizziness, Shakiness, Mental Confusion, Anxiety attacks, Insomnia, Hyperactivity in children.
- **OTHER AILMENTS** *Open ileocecal valve, *General weakness, *Difficulty in getting and/or staying healthy, Overactive thyroid, Cravings for sugar or alcohol, Candida Albicans, Menstrual or prostate problems, Urinary difficulties, Hoarseness

Sources

For more information about the problem of hiatal hernias, read the book "Hiatal Hernia Syndrome: Insidious Link to Major Illness" by Theodore A. Barody, Jr., M.A., D.C., "Hiatus Hernia" by Penny Hemphill from an Australian Magazine, Nature & Health, and "Chiropractic Handout".

CERTIFIED HEALTH & NUTRITION COUNSELOR ONLINE COURSE - SESSION 15 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 425-955-4639. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. **Do some research on the web. List as many types of parasites as you can find.**

2. **Which parasite causes TB?**

3. **Which parasite is most common in the mountains and is found in streams?**

4. **Take the candida test. How did you score? This is private so if you want to share it will be kept confidential. If you don't want to share we understand completely.**

5. **What is your favorite food? Is it on the candida diet?**

6. **What is the main cause of a hiatal hernia?**

7. **Can you adjust a hiatal hernia yourself?**