

April 29, 2007

I would like to thank everyone at Joyful Living Services for the information you have provided on hiatal hernias. Just over 2 years ago I developed many strange symptoms over the course of a month which could not be explained medically. The symptoms were pains that traveled throughout my abdominal and chest region, a tightness in my esophageal tract especially in the throat, tension in my solar plexus, increased blood pressure, inability to breathe deeply especially after eating, loss of appetite, weight loss (10 lbs in 1 month), **excessive** gas in my upper and lower GI tract, back pain, the feeling of a marble in my throat, irregular bowel movements and irregular menstrual cycle.

My first Dr. visit was January 2, 2005 to an urgent care facility. The Dr. there diagnosed me with anxiety and a vaginal yeast infection. I then went to my gynecologist due to the abdominal pains and irregular menstrual cycle. He said I could possibly have an ovarian cyst due to thickening of the uterus. He wanted to take a wait and see approach. Next it was on to my general practitioner for a battery of tests. I had an EKG, thyroid tests, a number of other blood tests, an abdominal ultra sound and a barium swallow screening. The abdominal ultra sound revealed nothing suspicious and the last test to return was the barium swallow showing that I had an "insignificant" hiatal hernia and was probably born with it. My GP told me it was not worth repairing and if we did I could never vomit again or else I would risk tearing my stomach away from my abdominal wall. He also said it probably wasn't the cause of my issues and prescribed Nexxium, high BP pills and anti-anxiety meds. I told him I would regulate my BP and anxiety with diet, exercise and relaxation. I did try the Nexxium hoping it would reduce the gas pains and tightness from my throat to my stomach but it just made me feel jittery. By this time I had been suffering for nearly a month. I was so full of anxiety, fear discomfort that I thought I was dying. I was living on soda crackers and water and not resting at night which began to affect my general health and well being.

In desperation, I began to research hiatal hernia treatments other than surgery and by the grace of God I stumbled on the Joyful Living Services website <http://www.joyfullivingservices.com/hiatalhernia.html>. I excitedly read through the information citing **all** of my symptoms and realized that my chiropractor or an applied kinesiologist could help. I called my chiropractor immediately and after some research, he began to do regular manual adjustments on my hernia that brought it down and keeps it down for the most part. Almost all of my symptoms had gone away within 2 months of 2-3 adjustments a week. Now my stomach has been retrained to stay down below the abdominal wall and the muscles surrounding the hernia are healed and stronger. I go in now for weekly or biweekly adjustments depending on my schedule and how I feel.

Other remedies that I found to be of help during my most uncomfortable time were as follows:

- Mylanta Gas chewables - reduced the discomfort from gas in the **upper** GI tract
- Phazyme (pills) – for gas pains in the **lower** GI tract
- Beano - taken before every meal
- Cilantro (coriander) and marshmallow as mentioned on the Joyful Living site. I put fresh cilantro on everything! It's amazing.
- Meditation/Relaxation techniques – GAIAM AM and PM Yoga for beginners
- Hypnotherapy - <http://www.travisfox.net> specifically the "Stress and Worry Free" CD
- Regular chiropractic adjustments and massage
- **Body By God** by Dr. Ben Lerner – an excellent book and program about maximized living
- Exercise
- A low fat, bland diet. Eating smaller meals more frequently. I can eat everything now.

As to what initially caused my hernia to become apparent is left to speculation. I was under extreme stress in my work environment and over the holiday break I moved decorations totes up and down stairs. I believe the two factors together contributed to the aggravation. I can not stress the value of this site. It literally saved my life from unnecessary medical action. I am a firm believer in natural and mental remedies before radical medical interventions. All too often a pill is supposed to mask our symptoms and make us feel better all the while the cause is getting worse. Also, a plus for the Emergen C. I've been drinking it daily since the start of 2007 and am yet to get a cold lasting longer than a day or 2. It's phenomenal!

Denise Leigh

Hi there

Thought I would pass this along:

37 yr old male, had hiatal hernia for 3 months. Finally researched that it is primarily a diaphragm weakness caused by back trauma & stress in psoas & quadratus laborum. Finally found a chiro who already knew this, massaged me for 25 minutes & all heartburn gone instantly. I've been free of this acid indigestion/heartburn for 2 weeks & had 1 return of symptoms which were fixed with another series of massage . . . I have pinpointed this to a back injury 7 months before which nagged me through spring & summer 2008 before hernia in Dec 2008 . . . For me anyway & hopefully others, this is primarily a biomechanical failure due to trauma. My chiro is highly skilled & 30 years of experience trained in applied Kinesiology who was quickly able to find my weakness & go after them.

Obviously I can't speak for my chiropractor so I have to respect his privacy. It's not so much about him per se as finding a good chiropractor trained in Applied Kinesiology who can pin point muscles failure/weakness & go after the appropriate pressure points targeting the stressed out psoas & quadratus laborum which stress the diaphragm that can't do its job of holding the stomach down. I would imagine many Chiro's can do this. The key is that this course of treatment did help me & could very well help many others when they find somebody in their area to do the same treatment

I hope this helps. The main point in me contacting you was to let you & others know that for my case at least, a hiatal hernia is a diaphragm weakness, that a hiatal hernia can be fixed or treated by targeting the psoas & quadratus laborum, and that a good Chiro can address these issues. So often we hear about these theories but don't know if they actually work. Well this one did for me!

I thought I would pass this valuable info on in case others are suffering! Your website was a breath of fresh air & helped me along my journey to health

jon