

Hiatal Hernia

A hiatal hernia occurs when the upper part of your stomach bulges through your diaphragm (the large muscle separating your abdomen and chest) into your chest cavity. Most small hiatal hernias cause no signs or symptoms. However, a larger hiatal hernia can cause heartburn, regurgitation of food or liquids into the mouth, acid reflux, difficulty swallowing, chest pain or abdominal pain, feeling full soon after you eat, and shortness of breath.

Hiatal hernias are caused by an increase in carb-forming gas due to a lack of enzymes that are no longer commonly found in foods. A key component is pepsin for protein. Also, the stomach will not release contents until protein is broken down. This results in carb gases causing distress, bloating, and ballooning of the stomach through the diaphragm resulting in the formation of hiatal hernias.

I offer non-invasive treatment options for hiatal hernias that include gentle, manual therapy to reduce the hernia and eventually eliminate it. I also recommend Hydrochloric Acid (HCL) and enzyme supplementation to restore normal stomach function. My treatment plan focuses on treating the primary cause of hiatal hernias, which eliminates the need for symptom suppression.