

## Hiatal Hernia: World Famous Physician's Advice

One of our favorite media docs was asked a question by a caller. The caller asked if physicians no longer perform surgery on a hiatal hernia. And if not, what should he do about this. The answer was telling for several reasons.

The first answer was that surgery is rarely if ever done on hiatal hernia patients any longer. Thank goodness for ending this ineffective, dangerous, and costly procedure. Too bad for the tens of thousands who wasted their money and possibly had permanent diaphragm and stomach injuries.

The second answer was that hiatal hernia simply means that part of the stomach is pushed up through the diaphragm into the chest cavity—true. The physician went on to say that the only symptoms come from acid being squirted up into the esophagus. That is truly one symptom, but certainly not the only one.

The treatment according to our world famous expert? Simple... since the only problem cause by hiatal hernia is acid squirting into the esophagus, treatment consists of taking **drugs to turn off the acid in the stomach!** This treatment is so typical of the medical establishment. It leaves the patients with little real relief from a hiatal hernia, completely ignores the underlying cause of the problem, and as so often happens with medical therapy, leaves the patients permanently ill due to malabsorption and poor digestion from lack of sufficient stomach acid.

### **Cause and Treatments**

In fact, the most common cause of hiatal hernia is **insufficient** (as in not enough) **stomach acid**. With a lack of adequate stomach acid, food ferments, producing acids and gasses. These gasses want to rise and therefore constantly push the stomach toward the chest cavity. Burping, belching, heart symptoms (such as arrhythmias, chest pains, and even feelings of an impending heart attack), heartburn, and all the rest can result. Eventually the hiatus (muscular ring in the diaphragm that keeps the stomach down) weakens and allows the gasses and part of the stomach to rise into the chest. So, the real first of treatment is to increase stomach acid by taking a product like **Zypan** by standard Process.

The next most common cause of hiatal hernia is a strain or injury. This is often from a fall, chronic coughing, or some other muscular strain to the diaphragm. When this happens, nothing short of using a pressure technique to pull the stomach down and strengthen the diaphragm will provide any real cure.

Luckily, this technique can be done safely and easily at home—even though very few physicians have heard of it.

By the way, did you know that turning off the acid in the stomach causes untold problems for the rest of your life? These include but are not limited to osteoporosis, malabsorption syndrome, irritable bowel, colitis, indigestion, chronic nausea and vomiting, heartburn, heart problems, tooth and gum disease, pneumonia, and an endless list that would take up the rest of this newsletter

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