

HIATUS HERNIA

The condition is caused by excessive acidity in the stomach and the gases which accumulate, having nowhere else to go, are forced upwards through the sphincter into the oesophagus, which unlike the stomach, is not protected from the burning affect of the acids.

As this action is repeated, the inside of the oesophagus becomes inflamed and starts to swell. Repeated action causes further swelling until the diaphragm (through which the oesophagus passes) starts to rub against the oesophagus causing the outside also to become inflamed and swell.

Eventually the oesophagus becomes trapped in the diaphragm, and with each breath the diaphragm rises and falls, dragging the oesophagus and stomach with it. This tearing action causes severe damage to the oesophagus together with extreme pain each time a breath is taken.

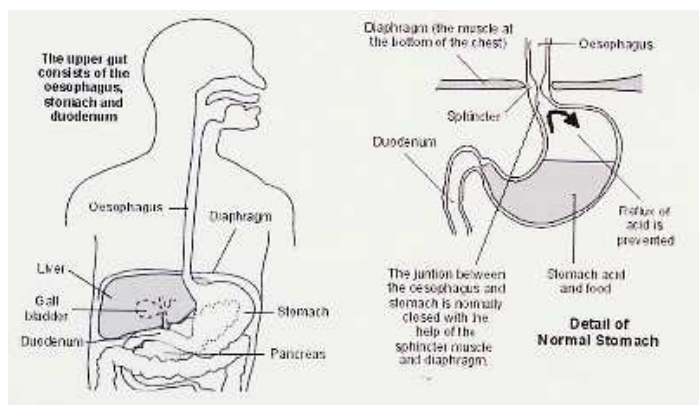
WHAT SHOULD BE DONE?

Ideally the sufferer should respond to the symptoms as early as possible, by reviewing their food behaviour, but most often the condition is brought on by severe or continuous stress over which the sufferer may have no control.

What must be done is: to change eating habits so that food is taken at regular intervals - with no snacking in between - at least 4hrs apart: eat very little red meat and no 'convenience foods', and increase the use of vegetables and fruit - not rhubarb or orange - avoid insoluble fibre and increase soluble fibre.

Because the food tube and the diaphragm never rest - you have to eat and breath! - the delicate organisms within need to be given every chance to heal by treating them as gently as possible, by eating high fibre low fat foods which are easy to digest, leaving ample space between meals and no snacking.

Fish and poultry are to be encouraged and lean meats In moderation, accompanied by fresh vegetables and fruits, which should include high fibre items like prunes and bananas - all in small proportions, ensuring that all solid food is carefully chewed before swallowing, and always at four hour intervals.



USE A CAREFUL DIET

Certain foods must be positively avoided until there has been a complete recovery - all pre-packed and convenience foods, and foods with a high animal fat element, including pork and lamb, sausages, burgers and fried foods. Acid fruits and drinks should also be avoided, like oranges and rhubarb, though grapefruit is o.k., and breakfast cereals containing corn and wheat.

What should always be borne in mind is that, if the body is ailing from a sickness or injury, given the right care it will normally be more than capable of healing itself if your immune system is in good order.

Some conditions will obviously need a different approach to others, with differing medical treatment, and maybe an operation or serious therapy. But in all cases there is the need to be as supportive of the healing process as possible - not doing anything that would delay recovery, and doing everything to encourage the healing process.

GIVE TIME FOR HEALING

If you break a leg it will most likely need to be in a splint or plaster for several weeks, and at least as long as it takes, not just for the bones to join again, but for all the tissues and sinews to knit themselves back together and be fully supportive once again. Removing the care too soon or not following the necessary disciplines so as to interfere with the process can lead to less effective healing and future problems.

This is invariably the case with Hiatus Hernia!

BENEFICIAL SUPPLEMENTS

It has been found that the use of Lecithin at meal times helps to break down fatty acids and reduce the level of gases, thus providing considerable relief.

Alfalfa will also provide a positive benefit by softening the digested fibres, smoothly increasing the acceleration and passage of digestive material through the system, carrying and removing harmful acids through the bowel.

Helpful Reading from the Library:

Alfalfa; Lecithin; Digestion;
What about Fibre; Guide to Healthy Eating

