

Hiatal Hernia's Mimic Heart Attacks

Q: I consulted several doctors about my indigestion high in my stomach that causes chest pain. Some felt it was a hiatal hernia. What can be done naturally to help this condition?

A: A hiatal hernia is the spilling of gas or gastric tissue upward through an opening in your diaphragm. In severe cases surgery may be required to pull the tissue back to its original position. Most cases, similar to what you describe in your condition, are the pressure of gastric gas moving into the space between your diaphragm muscle, located under your ribs, and your stomach. As you ascend and descend your ribs through normal phases of respiration a pressure and pain can occur due to this stomach gas. The pressure and pain can radiate throughout your chest and into your back. The pain can be so severe in the left chest wall many people feel like they are having a heart attack.

Treatment on a conservative basis can consist of dealing with the cause of the condition, the gas. The gas is commonly caused by undigested food in the stomach. Many people hold their stress in their stomachs or eat while on the move, or just eat very poorly. A combination of these situations can lead to an overabundance of gas leading to pressure in the diaphragm due to hiatal hernia. Proper diet and avoiding gassy foods is helpful. Eating slowly and chewing your food well is important. Persistent hiatal hernias that are not in need of medical attention may be helped with chiropractic treatment. There are gentle procedures to help release the gas causing pressure on the diaphragm. Adjustments can reduce pressure in the chest and spine related to a hiatal hernia.

Quote of the week: “Cherish your visions and your dreams as they are the children of your soul; the blueprints of your ultimate achievements”.

Napoleon Hill