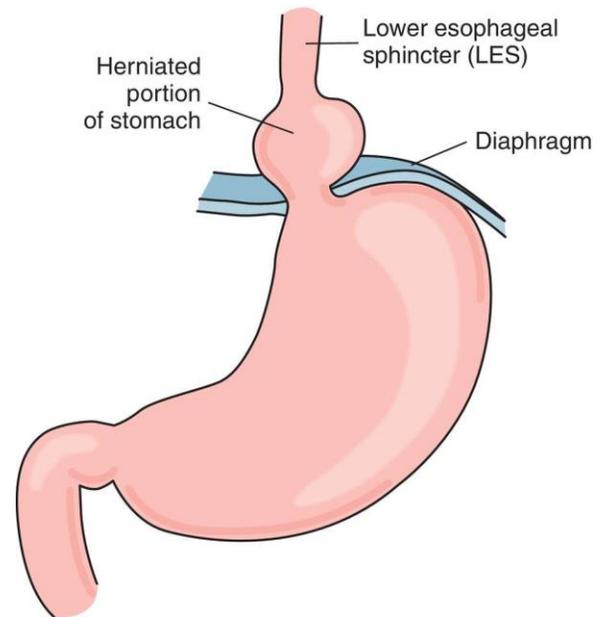


# Hiatal Hernia Massage

The hiatal hernia results from the upward displacement of the stomach and the resultant kinking of the esophagus. This often results in heartburn, acid reflux or the newly coined GERD (Gastro Esophageal Reflux Disease). **50% of the American population over 50 have this condition in varying degrees.**

Resulting symptoms include belching, hiccups, nausea, bloating, shortness of breath, difficulty swallowing capsules — or foods, chest pains, irregular or rapid heart beat - all made worse or precipitated by bending over or lying down. So one must ask: Why does the stomach decide to climb through the diaphragm and move toward the throat?



The answer is: It doesn't go willingly. It is pushed up there by a digestive tract full of gas. These gases fill up the intestines like a balloon pushing the stomach up into, and sometimes through the diaphragm (which is a muscle that divides the digestion organs from the heart and lungs). This in turn causes the esophageal tube to bend or kink making swallowing difficult and putting pressure on organs above the diaphragm like the thyroid, heart and lungs.

If the lack of nutrients in the body allows for weak connective and muscular tissue, the diaphragm opening will weaken permitting more of the stomach through the opening. The diaphragm will create a pinching force on the muscles of the stomach causing a lower blood flow and consequent cramping of the upper stomach muscle - just like any muscle cramp in your leg or arm, etc.

This displacement also puts pressure on the main artery and vein to the lower part of the body creating poor circulation, increased blood pressure and stress on the heart. This produces pain and all the symptoms listed above. So that is the 'why'. Now how does one fix it?

## How to Mechanically Help a Hiatal Hernia

First it may be advisable to do the Ileocecal Valve Massage for about a week prior to pulling down the stomach. Also it will be more effective if there is no problem with constipation, which obviously will continually act to inhibit the exit of gas producing material. If constipation is a problem, you should get that resolved before beginning.

## Hiatal Hernia Massage

**This technique should be done on an empty stomach.**

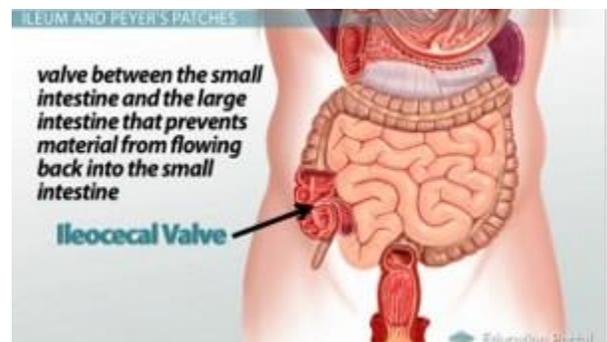
- First thing in the morning is best, but doing this before each meal will bring quicker results. After massaging the ileocecal valve and colon area first (see above), palpate the stomach area below the sternum or breastbone to find the hardened and/or tender areas.
- Now gently try to relax them using a gentle circular massage. Again it is sometimes like feeling for a golf ball through a pillow. Now take a deep breath and exhale slowly. While exhaling and relaxing the abdomen apply a firm inward and downward (toward the feet) pressure with overlapped thumbs from the base of the sternum down toward the navel.
- You should move about 2 inches down as you exhale. Hold for thirty seconds. Repeat this 3 times.
- The whole technique should be repeated daily for at least one month, doing it before each meal. This can be done through the clothing.

You'll begin to notice a positive difference not only in the amount of tenderness in the abdomen area but in the over all quality of your life and health. Those who experience a stiff neck will find their neck has greater freedom of movement without pain.

Often it is easier to get someone to do this massage for you. They will be using the pads of their fingers to do the pulling – they also may need to cut and file their fingernails. If you are uncertain that either you or your helper is doing the technique correctly, you can just massage the abdomen. That is, find and massage any tender spots in the abdominal area.

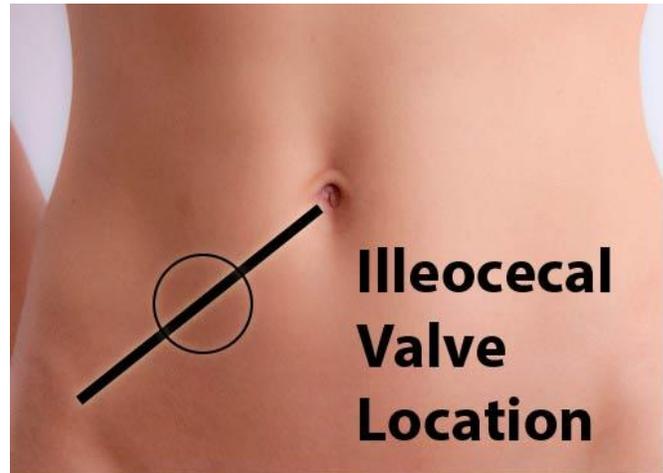
## Ileocecal Valve Massage

What? The ileocecal valve is a sphincter (circular muscle) which is found where the small intestine connects to the large intestine. It is located above the appendix in the lower right side of the abdomen. When this valve does not function properly a host of gastrointestinal problems and other problems including heart symptoms, blood pressure problems, and even migraines can result. Massaging the valve will encourage proper function.



## How to Massage the Ileocecal Valve:

- To locate the ileocecal valve area (its placement can vary slightly for each person), place your left thumb on your navel, your right thumb on your right hip (the high part of your pelvic bone). Imagine a line connecting those two points and find the middle of that line.
- Place all your fingers 3 inches below the middle of that line and you should be close to the ileocecal valve.
- With all of your fingers, press in FIRMLY and find the tender spot. This area will be tender in 90% of people. It will be like finding a golf ball under a pillow - but some of us have more 'pillow' than others so keep palpating to locate the spot. (Palpate means to press in slowly but deeply to feel for hardened or tender areas.)
- Sometimes it is easier to locate the tender spot while lying down. Using some coconut oil may also enable you to find it more easily. Once you've found it, massage it in a circular fashion as you would any cramped muscle.
- Ideally, this massage should be done 3 times a day before meals. At the least do it in bed before going to sleep and in the morning before you get out of bed.



After all, the whole digestive tract from the throat to the rectum is a muscular tube — and any section can cramp, get 'Charlie horses,' become too weak to function, etc. Some people experience gurgling, flatulence, burping, or other sounds during or after this massage and sometimes a bowel movement will follow.

All of these are evidence that the ileocecal valve needs help. You'll find that the tenderness will subside after about a week or two of diligent application of this technique, and you'll feel much better and be healthier for it.

## Do the same massage for the rest of the colon:

- Massage upward from the ileocecal valve and toward the ribs where the ascending colon lies.
- Then go across the belly above the navel to the opposite rib, then down the left side, winding up on the opposite side of the abdomen from the ileocecal valve.

This firm deep massage encourages proper bowel function. Learn where your tender or hardened areas are and continue this massage daily until these resolve. This whole massage can be done through the clothing but take time to locate all of the tender spots. You'll be healthier for it.

### **Hiatal Hernia Technique:**

I was told of an exercise which has had success for me and two other people with this. Stand straight and bend over forward as far and as well as you can, stick your four fingers from both hands up under your rib cage as far as you can manage, one hand under each side of front of the rib cage. Exhale completely, so that your lungs are empty and you are bending over forward. Begin to rise slowly back to standing up straight and inhale completely in a long slow breath at the same time, so that by the time you have fully inhaled you are standing straight. The tendency is for the fingers to want to come out during this process, but keep them as far under the rib cage as you can. You will feel something strange, it is said to be the closing of a valve that separates the two intestines. You will know what I'm talking about when you do this, it is kind of uncomfortable but you know it works by how it feels, try to take as much of that feeling as you can handle.

I had acid refluxing for weeks before I tried this and it got it fixed, it provided some instant relief also. A friend of mine had symptoms which sounded like what I had so he tried it and it worked, although he is quite sure that what he had was an ""energy"" condition and not acid reflux. Another friend of mine has had bad Irritable Bowel for years and she was describing other symptoms, which sounded like it, she tried it and was also so grateful to me a few days later. She said that she talked to someone who said a lot of people with Irritable Bowel get hiatal hernia also. Food enzymes, acidophilus-Bifidus, pure water, quitting coffee and acid beverages, eliminating problem foods should help too.

### **Self-Massage Technique**

In a sitting position, locate your breastbone. It's that solid bone in the center of your body between the breasts that connects your ribs. It's below your throat and above where the soft area above your stomach begins. Most people believe that their heart is behind it. Another way of locating it is to place both hands at the bottom of your ribcage and following the bones of the ribcage, move them both upwards and towards the center of your body. When you can't go any further, your fingers will be touching the base of the breastbone. It is an inch or so below this point that we will begin our self-massage.

Place the tips of your fingers about an inch or so below the base of your breastbone. I want you to press in three directions, in order: first up, then in and then down. Up, in and down. It's just that simple.

Take your fingers and maintaining a constant rolling motion, press the tips of your fingers into this soft area an inch or so from the base of the breastbone in an upward, then in and then downward motion. Continue this self-massage for about one minute. Okay, big deal, now what? You still feel the same, don't you? Remember this is a self-massage technique that will require repetition and a week or two to see results. Only do the self-massage a few times the first day. You will ultimately want to perform this self-massage for one minute, three times each day.

Here's why. You have performed this maneuver once or twice. The next day you try it again, you will probably be unable to touch yourself in this area. It will feel as if you are bruised, and you are. It's like going to the gym for the first time in a long time, doing an exercise and you probably wouldn't be able to do it again the next day till your muscle has recovered.

Wait a day or two before you try it again. If you aren't bruised, you probably didn't push hard enough the first time. So, after the first day, go ahead and perform this self-massage technique as soon as you are able to tolerate it. Just like training in the gym, work your way up to massaging more and more, for one minute, at least three times each day. Within a few days, you will see that your symptoms will be changing.

Actually, because the hernia is a pocket of the stomach that's moved up and above the diaphragm, it's the downward motion that will help pull it down to it's proper position. It's the up, then in part of the maneuver that puts your fingers in position to pull the tissue down.

Depending on the severity of the hernia, this maneuver should work very well. If you don't seem to be able to feel any relief, you might want to give the chiropractic assisted maneuver a try.