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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Hiatal Hernia – What Is It?

By Nick Willis

A hiatal hernia is an anatomical abnormality in which part of the stomach protrudes through the

The Causes of a Hiatal Hernia.

Other contributing factors include:

Hiatal hernias are either:

Sliding

When the swallow is finished, the herniated part of the stomach falls back into the abdomen.

Para-esophageal

Para-esophageal hernias are hernias in which the gastro-esophageal junction stays where it belongs

Fortunately, large para-esophageal hernias are uncommon.

Hope for Hiatal Hernia!

Hiatal Hernias And Acid Reflux

By Kathryn Whittaker

In order to alleviate, or to reduce the intensity of these symptoms, you should do the following;

Kathryn Whittaker has an interest in Acid Reflux. For further information on Acid Reflux please visit

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