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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!

Precautionary Measures For Hernia

By Sharon Hopkins

Hernia is an opening in the muscular structure of the wall of the abdomen. The weakness in the wall causes damage to the abdominal wall leading to protrusion through the thin membrane. The bulging contents usually remain in the naturally formed cavity. The contents of protrusion are mainly portions of intestines or abdominal fatty tissue. Even though theory mentions that hernia can occur anywhere but, the common region of occurrence is the abdominal area.

Small hernias are not much of a threat to you. But large hernias can cause heartburn and chest pain. They all run at a risk of getting their blood supply cut off, which is one of the problematic issues to deal with. When the contents in the hernia sac faces shortage of blood, it becomes a serious issue leading to surgical assistance.

There are different types of hernia

- Inguinal hernia – Indirect inguinal hernia – Direct inguinal hernia – Femoral hernia – Umbilical hernia
- Incisional hernia – Spigelian hernia – Obturator hernia – Epigastric hernia

Some of the common causes leading to hernia

- Umbilical hernia can be present at birth – Obesity – Lifting weights – Coughing – Straining during a bowel movement or urination – Lung disease – Presence of fluid in abdominal cavity – Hereditary – Pressure on abdomen during pregnancy

The signs and symptoms of hernia depend mainly on the type of hernia you are affected by.

- Heartburn, worse when bending over or lying down – Chest pain – Belching – Soreness of the groin or pain in the groin by bending – A painless lump – Swollen or tender protrusion – Difficulty in swallowing – Chest pain – Blockage of the esophagus

Don'ts

Precautionary Measures For Hernia

– Reduce your food intake – Avoid bending or lying after your meal – Stop smoking – Prevent activities like lifting, coughing which increases intra-abdominal pressure leading to severe risk of hernia – Avoid alcohol – Keep off from foods which are hard to digest – Avoid depression – Do not wear tight clothes

Do's

– Eat food rich in fiber in the form of fruits, vegetables and grains – Drink plenty of fluids to prevent constipation – Exercise regularly – Sweat and loose excess toxin – Join laughter club – Eat six small meals instead of 3 big meals – Have grains like barley and millet – Consume vegetables like cabbage, dandelion, sweet potatoes, artichoke – Have herbs in your diet like fennel, cumin, asafetida, mint, parsley, arrowroot, aloe vera and many more.

Remedies

– Eat Cayenne pepper – Drink warm tea in hot room and sweat it out – Keep a cloth soaked in rupturewort tea to the affected area for some relief

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins, the webmaster of various sites such as

<http://www.home-remedies-for-you.com>

helps

you in your daily life with its simple and easy home care remedies. Hernia is a very common problem and by taking necessary diet tips, you can easily fight it.

Hiatal Hernias And Acid Reflux

By Kathryn Whittaker

A hernia is caused when the muscle that holds an internal organ in place relaxes, allowing for movement of that organ, which can cause a multitude of problems, and in some cases, and inordinate amount of pain. The hiatal hernia, simply put, occurs when the stomach slides from the abdominal cavity partially into the chest cavity.

We know by now that what causes acid reflux is the failure of the valve, or the lower esophageal sphincter (LES) to close properly after food has been ingested, thereby allowing for the fluid to rise from the stomach into the esophagus. A hiatal hernia will weaken the LES, thereby making it more difficult for it to close properly, and thus allow for fluid to reflux out of the stomach.

Precautionary Measures For Hernia

Although it is clear that there is a direct correlation between acid reflux and hiatal hernias (most people discover that they have a hiatal hernia when they get examined by their doctor for acid reflux), they are not necessarily always seen in tandem with each other. You may have GERD without having a hiatal hernia and vice versa.

Common causes of a hiatal hernia are; pregnancy, obesity, tight clothing around the abdomen, constipation, chronic coughing, strenuous weightlifting, or abdominal injury. Many people who have a hiatal hernia do not know because unlike other forms of hernia, the hiatal hernia does not show itself physically, i.e. there are no bumps or protrusions recognizable on the outside of the body. Generally, hiatal hernias are more common amongst people over fifty; it is very rare for a young adult or child to have this condition.

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

– Eat smaller meals more frequently – Avoid acidic or spicy food – Do not eat before going to bed – Avoid heavy lifting – Avoid bending after heavy meals (which you won't be having anyways, because you'll be grazing instead!) – Lose weight – Quit smoking.

There are a variety of medications that you can take as well including antacids, proton pump inhibitors, and but the easiest, most effective way to decrease your symptoms is to alter your diet to include foods that are easily digestible and avoid those that stimulate flare ups.

Surgery in the vast majority of cases is extremely rare as most people with hiatal hernias continue to live a normal life without discomfort or additional problems. With that said, however, you never want to ignore an issue that is going on in your body and will probably want to address it. If you are having trouble swallowing, a sore throat, wheezing or coughing, or difficulty breathing, then you most certainly will want to consult your doctor.

While most specialists recommend that you make the lifestyle changes noted above rather than resorting to pharmaceuticals as the first line of defense, you definitely should make an appointment to see your doctor if you have any persistent symptoms.

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

<http://www.naturally-stop-acid-reflux.com/acidreflux.html>

or

<http://naturally-stop-acid-reflux.com/blog/2006/10/03/hiatal-hernias-and-acid-reflux/>

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