HELLO EVERYONE!

By popular request, I was asked to share my experience and knowledge about the causes, symptomatology and corrections of some of the most common complaints I encounter in my practice. I hope this will provide pertinent ways of bringing healing to your health problems. And how to take better care of yourself.

Here we go!!!…You may experience all or some of the symptoms listed, depending on the severity of your condition.

CASE SCENARIO #2 (HIATAL HERNIA)

SYMPTOMS:
1. Dull to sharp pain below the breast bone, usually middle or to the left (stomach). It sometimes also goes straight through to the spine, below the shoulder blades.
2. Pain increases when breathing in.
3. Difficulty or inability to take a deep breath.
4. Pain in left shoulder and arm as well as anywhere front or back or upper left body, left side of neck going up to the back of the head on the left.
5. Heart burn, frequent belching, regurgitation of food in the esophagus.
6. Difficulty swallowing, especially water, tablets and capsules. These may feel like they get “stuck” and can cause pain or a burning sensation.
7. Tightness of whole chest feeling like a heart attack.
8. Heart palpitation or tachycardia (rapid pulse).
9. Pain or discomfort in the toe next to the big toe (stomach meridian).
10. Anxiety attack due to pain in chest.
11. No energy.
12. Feeling discontent, greedy or worried.
13. Unable to lie down flat on back but must be propped up to sleep, etc.

CAUSES:

A. CHEMICAL:
   1. Eating hot spicy foods, deep fried food, too many kinds of food in the wrong combinations, .Junk foods or too much food (as in a Thanksgiving meal.
   2. Dehydration.

B. EMOTIONAL:
   1. Intense emotional upset creating adrenal stress, especially worrying.
   2. being unable to “stomach” things.
   3. being over-sympathetic to other people’s problems.
   4. feeling of disgust, expanded importance of self, obsession, egotistic, despair, nervous, stifled, hopelessness, lack of control over events, distrust or living through others.

C. STRUCTURAL:
   1. Transient sliding hiatal hernia. This is a condition in which the upper part of the
stomach (the gastroesophageal junction) actually slides through the diaphragmatic opening and gets “stuck” there. When active this interferes with proper expansion of the diaphragm, and prevents adequate pumping of oxygen and meridian energy throughout the body, resulting in fatigue. It causes abnormal swallowing and peristaltic function of the esophagus. It puts physical pressure on the heart that causes palpitations and tachycardia, mimicking at times a heart attack.

2. Vertebral subluxations of lower mid back.
3. Vertebral subluxations of occiput and upper neck.

**CORRECTIONS:**

1. Read the book “Fit for Life” to learn food combining and simplify the way you eat. This will enhance digestion, assimilation and elimination as well as making it a lot easier on your stomach to deal with the food you eat. After applying the simple principles found in that book, many people have found relief immediately. It’s worth a try!

2. Drink 10-12 oz of water 20-30 minutes before each meal. This will provide the liquid your body needs to make enough digestive juices to allow timely passage of food into the small intestine (see my previous water article).

3. Get chiropractic adjustments to correct the vertebral subluxations interfering with proper nerve supply to the above mentioned.

4. If severely herniated, you may need to find a chiropractor who knows how to manually pull the stomach down from the diaphragm and can correct the reflexes. This affords many instant relief.

5. Avoid stressing your adrenal glands (anything that causes you to secrete adrenaline such as watching scary or suspense movies, drinking coffee, etc…) Call us to get a very informative hand out on healing the adrenals.

6. Clear emotional problems with N.E.T. or Acupower.

If you wish more information, make an appointment for a consultation, receive chiropractic care or to find out when is our next monthly Chiropractic talk, please call our office.

**HEALTHY HAPPY LIVING...**

**DR TESHNA BEAULIEU DC**

**FREEDOM CHIROPRACTIC**
**PHILMONT, NY 12565**
**518-672-4019**