

# HERNIA

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## Definition

A hernia commonly refers to the escape of some part of the intestine from the abdominal cavity, through an opening in the abdominal wall.

The intestine is pushed out from the inner body, often to a point just below the surface of the skin. When it reaches this point, we have a visible hernia.

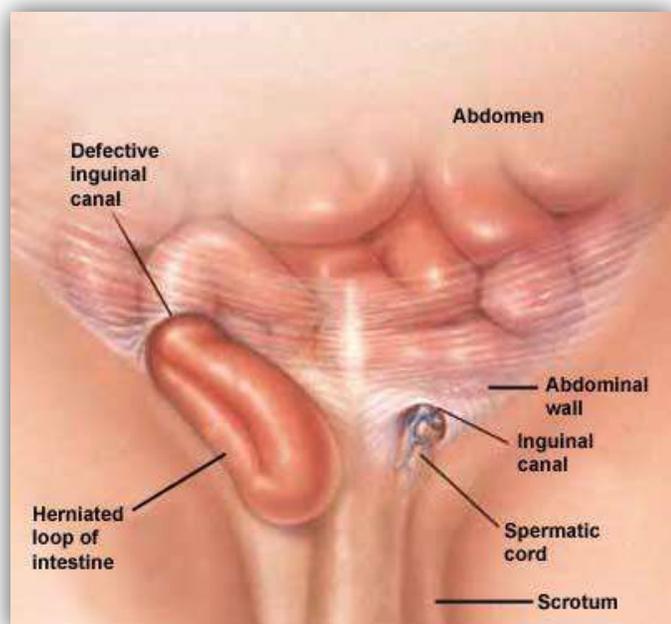
At first it is about the size and shape of a marble, and grows larger as more and more of the intestine escapes.



## Symptoms

Extreme pain in the abdominal area whenever there is an exertion, such as bending over, leaning back or any other small movement involving the abdomen.

## Cause



Early in life the male infant can encounter complications.

Two months before birth, the testicles descend from the abdominal cavity into the scrotum.

They descend through the inguinal canal which soon closes behind them.

If the canal doesn't close, however, this could be a later trouble spot for a hernia precipitated by muscle weakness and sudden heavy lifting.

Other causes are from overexertion in lifting which can cause the tear in the abdominal wall.

## Herbal Aids

**Bone, flesh and cartilage Aka BF&C.** This is an aid for malfunction in bone, flesh, sinews, etc.

**BF&C:** A number of patients with hernias and ruptures have used the "Bone, Flesh and Cartilage" formula with great success. This formula is applied over the afflicted area as a fomentation during the day and at night, using a **TRUSS** or **PAD** to hold in place.



1) Items needed For BF&C Pack

2) Apply Good Amount BF&C Salve to Flannel



3) Apply BF&C Pack Over Affected Area.



4) Apply Plastic Wrap. (I prefer Press & Seal)

Use flannel, cotton, or any white material other than synthetics (never use synthetics). Wrap the fomentation (Salve & Fabric) around the malfunctioning area and cover with plastic to keep it from drying out. Leave on all night six nights a week, week after week, until relief appears.

It is also helpful to take the formula internally as a tea, three or more times per day.

Drink  $\frac{1}{2}$  to 1 Teaspoon full of the Herbal Extract in distilled water three times in a day.



**Cleaning Bowels:** For hernias we recommend keeping the bowels clear and open through the use of the lower bowel formula.

Plenty of fresh juices, a light, vegetarian diet to eliminate the strain of bowel movements.

The application of the Bone, Flesh, and Cartilage Formula to the hernia area as a fomentation.



All stress and strain on the area must be removed while the area is healing.

The fomentation should be applied in the evening so that it can remain on the area all night.

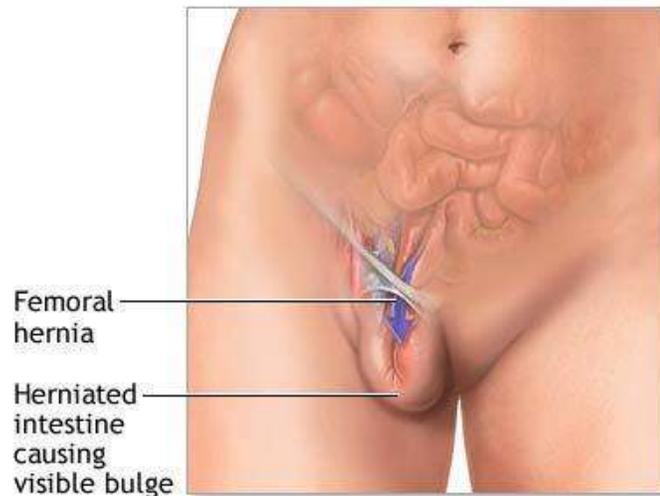
During the daytime, the BF&C ointment can be used if the fomentation is inconvenient.

Three cups of the BF&C tea may also be taken daily.

Continue treatment six days a week fasting with distilled water on the seventh until the hernia is healed.

## Testimonials

A friend of mine, who was scheduled for a hernia operation earlier this year, suggested I write to you. After he read your book "The School of Natural Healing" and followed your suggested guidelines for a week to ten days, his hernia problem was solved. Needless to say, he can't say enough good things about your use of herbs and the book.

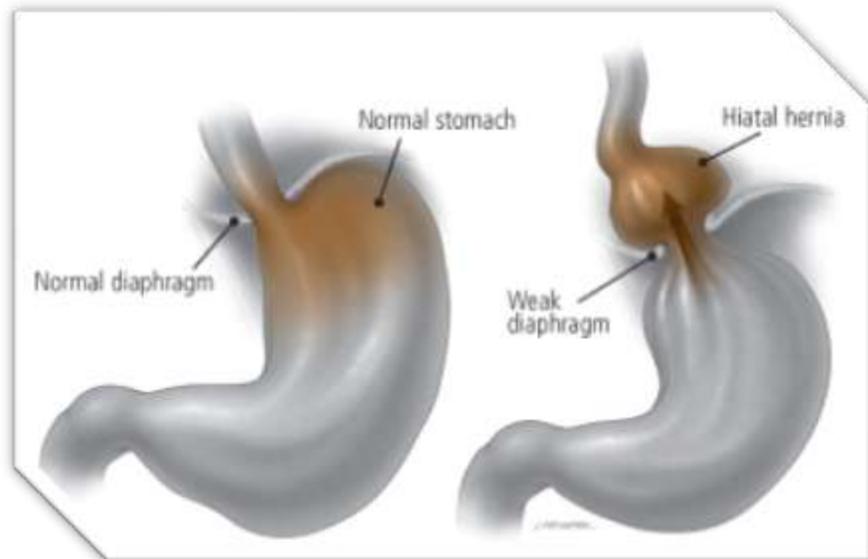


# HIATAL HERNIA

## What is a Hiatal Hernia?

A hiatal hernia is an anatomical abnormality in which part of the stomach protrudes through the diaphragm and up into the chest. Although hiatal hernias are present in approximately 15% of the population, they are associated with symptoms in only a minority of those afflicted.

Normally, the esophagus or food tube passes down through the chest, crosses the diaphragm, and enters the abdomen through a hole in the diaphragm called the esophageal hiatus.



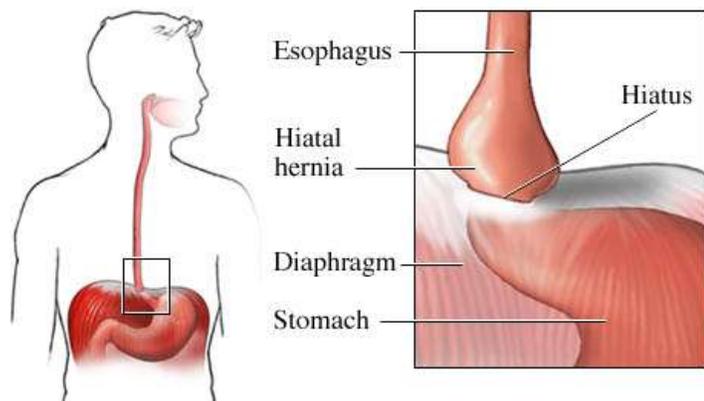
Just below the diaphragm, the esophagus joins the stomach. In individuals with hiatal hernias, the opening of the esophageal hiatus (hiatal opening) is larger than normal, and a portion of the upper stomach slips up or passes (herniates) through the hiatus and into the chest. Although hiatal hernias are occasionally seen in infants where they probably have been present from birth, most hiatal hernias in adults are believed to have developed over many years.

In most cases, a small hiatal hernia doesn't cause problems, and you may never know you have a hiatal hernia unless your doctor discovers it when checking for another condition. But a large hiatal hernia can allow food and acid to back up into your esophagus, leading to heartburn and chest pain.

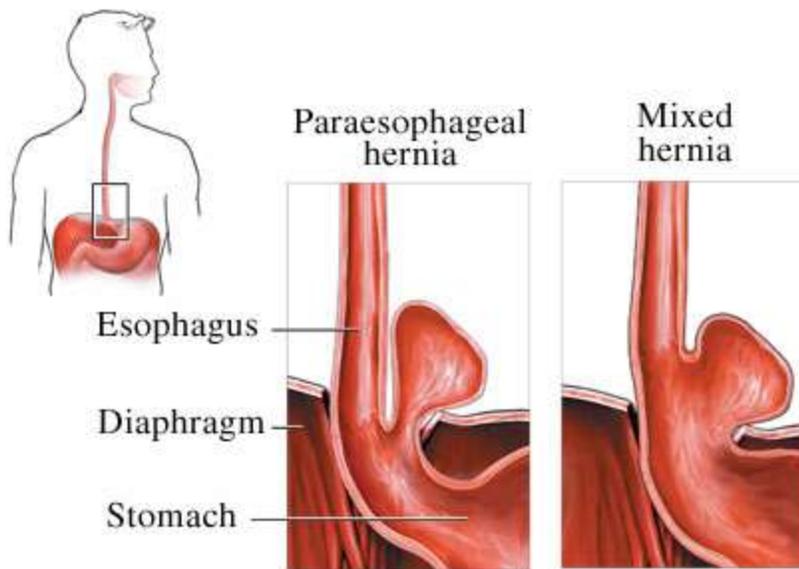
Any time an internal body part pushes into an area where it doesn't belong, it's called a hernia.

**There are two main types of Hiatal Hernias: Sliding and Paraesophageal (next to the esophagus).**

**In a sliding hiatal hernia,** the stomach and the section of the esophagus that joins the stomach slide up into the chest through the hiatus. This is the more common type of hernia.



**The paraesophageal hernia is less common,** but is more cause for concern. The esophagus and stomach stay in their normal locations, but part of the stomach squeezes through the hiatus, landing it next to the esophagus. Although you can have this type of hernia without any symptoms, the danger is that the stomach can become "strangled," or have its blood supply shut off.



If not treated, the Paraesophageal and mixed hernias can grow. This can result in twisting (volvulus) of the stomach (possibly leading to gangrene), which requires emergency surgical treatment.

Because of the risk involved in emergency treatment, it generally is recommended that all people with these types of hernias undergo surgery regardless of the symptoms.



**The Digestive Tonic** is an excellent aid for the Gerd associated with these hernias. The constant acid condition in the Esophagus can irritate and cause ulcers. The Digestive Tonic prevents this condition and aids in healing any irritation that may already exist.

