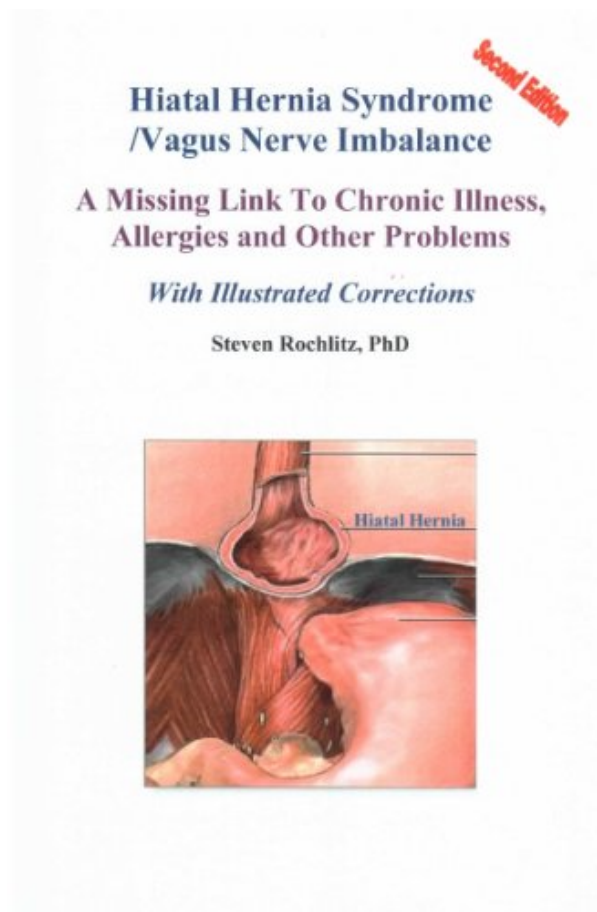


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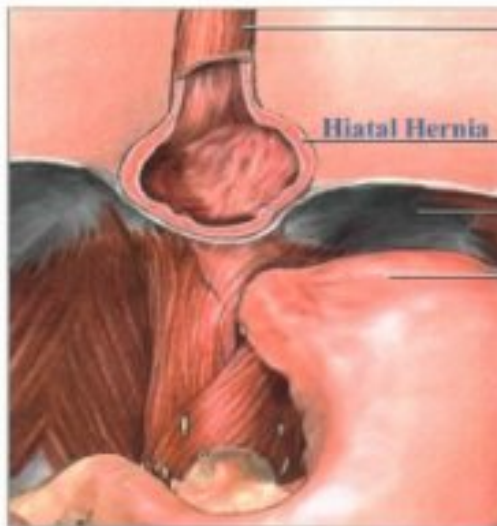
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9 of 9 people found the following review helpful.

Priceless in helping "Mankind's Most Frequent Syndrome."

By mcssufferer

Be aware that the author is not a medical physician. He knows it too, and recommends people who think they might have this get either an endoscopy or upper GI X-ray. If the hiatal hernia is there ,it will be found as well as its size. Also if an ulcer is present that will be seen too.

The hiatal hernia often imbalances the vagus nerve. This nerve is massive and has branches that go to the heart, lungs and other crucial organs. This is probably how so many symptoms can arise from the hiatal hernia. It's the vagus nerve imbalance doing it. There's a good correction for the vagus nerve in the book, and of course, much on preventing the problem in the first place.

In case you don't know, having a hiatal hernia means that the top part of the stomach has gone thru the opening in the diaphragm meant only for the esophagus to go thru. The author says half of us may be walking around with this problem, and that he found that in people with chronic illness or allergy-like illnesses as many as 90% of these sufferers may have this syndrome. Its been linked to anxiety, high Blood Pressure, several heart problems, like afib, tachycardia. Also linked are asthma, and sleep apnea according to this book. There is great new sleep apnea section. I have read this book in all 3 of its editions. It keeps getting better and better.

The new spiral coil binding is cool. It's a great help to lay the book flat and do the illustrated corrections. The instructions are crystal clear. Sure help me each time I do `em. There are 15 illustrated corrections for the hiatal hernia, the vagus nerve and the diaphragm, as well as the "pull down." But there are 2 trigger points shown that may be substituted for the pull down, as some people may feel worse from the "pull down." The author says to simply start out gently.

The diet and lifestyle changes include eating small meals and elevating the top of the bed. But those are just the beginning of the book's many recommendations. Make sure to do them.

Linked to the hiatal hernia syndrome according to Rochlitz is the PFO (Hole in the Heart). That's another book by the author, where it turns out that one of three people may have that common heart defect. Rochlitz says that if the hiatal hernia or vagus nerve imbalance causes high BP or racing heart, it may mean the person also has the PFO. This makes it more important (after a medical check-up) that the person learn to keep their hiatal hernia and vagus nerve in check.

Note: I got this at the author's wellatlast dot com website. I hope Amazon gets more in for you all.

This book is priceless in helping "mankind's most frequent syndrome." Since it is so common, maybe every family should have one in their possession!

3 of 3 people found the following review helpful.

this is a waste of money

By Elizabeth M. Richards

this is a waste of money. There are 52 pages of 'information' which can be found on the internet. This paperback cost me \$41.58. Please save your money and check online first...the information can be found online FREE.

1 of 1 people found the following review helpful.

like no other

By Guy Drummond

"Hiatal Hernia Syndrome / Vagus Nerve Imbalance" comes with a blast of information, like no other. The book exhaustively explains everything there is to know about the massive, wandering Vagus Nerve. The book explains that when it's imbalanced, many health problems can spin off from that, including the Hiatal Hernia Syndrome, high blood pressure, several heart problems, anxiety, asthma, sleep apnea, to name just a few.

The most amazing part of this masterpiece, is the fact that anyone can rectify the Hiatal Hernia and calm the vagus nerve oneself, just by following the explicit illustrated corrections in Section II of the book. This book is definitely great value for the money!

You can look at the author's website at Wellatlast dot com for more information. You might also be interested in the other health books he has written.

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