

Muscle Balancing for Gastro-Esophageal Reflux Condition

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Abstract

The over-the-counter drugs most commonly advertised on TV are remedies for acid reflux, heart burn, or gastro-esophageal reflux disease (GERD). Most remedies are directed toward reducing stomach acid, while most people, especially as they get older, actually lack sufficient acid to properly digest their food. No one referred to the basic cause, or offered relief that dealt with the basic cause, a flaccid diaphragm resulting from chest breathing. This article discusses the use of muscle balancing to provide relief for this and related conditions.

What are the over-the-counter drugs most commonly advertised on TV? Remedies for acid reflux, heart burn, or gastro-esophageal reflux disease (GERD), etc. Most remedies are directed toward reducing stomach acid, while most people, especially as they get older, actually lack sufficient acid to properly digest their food. No one referred to the basic cause, or offered relief that dealt with the basic cause, a flaccid diaphragm resulting from chest breathing.

When you don't use your diaphragm to breathe, it weakens, becomes flaccid, and allows your stomach to be pushed through your diaphragm by gas pressure in your digestive tract in what is known as a hiatus hernia. The resulting pain is often confused for the onset of a heart attack.

The digestive tract has a series of one way valves to keep food material moving in the correct direction: the esophageal valve in the esophagus, the pyloric valve between the stomach and the small intestine, the ileocecal valve between the small intestine and the large intestine, and the Houston valve in the descending colon. When one or more of these valves malfunctions, pressure from gas in the intestines may force food material to back up, pushing stomach acid into the esophagus.

The interesting discovery that we made with our studies in kinesiology was the

relationship between these valves and the diaphragm muscle. The valves generally do not malfunction as long as the diaphragm muscle remains strong and in tonic balance. Once this muscle weakens, one or more of these valves may malfunction leading to a hiatus hernia and/or acid reflux.

Once the causes of mock heart attack (hiatus hernia) and acid reflux are properly identified, the preferred treatment becomes apparent. Both conditions can be corrected by doing diaphragmatic breathing exercises (Reference 1) that both strengthen the diaphragm muscle and force the stomach down and out of the diaphragm. These exercises can be done on the spot in whatever position you happen to be, standing, sitting, or lying down. No drugs or surgery are needed.

The ultimate answer is learning to breathe with your diaphragm all the time. This involves regular practice of diaphragmatic breathing and a continuing conscience of how you are breathing. As you continue this over a period of time, diaphragmatic breathing will become automatic.

A further benefit of diaphragmatic breathing is improved air flow into the lower parts of the lungs and better oxygenation. People are less likely to develop asthmatic symptoms when they are breathing diaphragmatically.

Once again we find that helping your body to heal itself through muscle and energy balance often provides more satisfactory results in the long run than the use of drugs or surgery.

Diaphragmatic Breathing Exercise



1. Place both hands, one on top of the other, on your stomach. Breathe in slowly and deeply, making a conscious effort to make your hands rise as you breathe in. Then feel your hands drop as you relax with your out breath. Continue breathing in and out and making your hands rise with your in breath until you have established the "feel" of diaphragmatic breathing.

2. Continue the same exercise except now you push in and down with your hands as you breathe in with your diaphragm. This is done as an isometric exercise; so your hands

don't move, but rather create a static compression on your abdomen as your in-breath forces your diaphragm down. Release hand pressure and let your hands relax and your diaphragm relax on the out-breath. Repeat several times.

3. Massage the neurolymphatic reflex points for the diaphragm muscle located along centerline of the sternum to further tonify the diaphragm.

4. Follow up with the **Reactive Muscle Basic Balance** and the **Hypertonic (Frozen) Muscle Basic Balance** to correct any imbalances that may have occurred while doing this exercise. Or use Finger Mode Testing to determine what else can be done to strengthen and stabilize the diaphragm balance.

Muscle Test for Diaphragmatic Breathing

Take a deep breath and hold it while testing with a balanced indicator muscle. If the indicator muscle unlocks, the **Diaphragmatic Breathing** exercise is indicated.

Or do the muscle test for a Hiatal Hernia: Test with a balanced indicator muscle while pressing in and up with 2 fingers on the abdomen center line 2 inches below the Xyphoid Process.

Repeat the **Diaphragmatic Breathing** exercise any time digestive distress is felt, standing, sitting, or lying down. A particularly sensitive time is when going to bed since gravity is no longer holding the stomach and other organs down.

Reference

1. *Self-Help for Stress and Pain plus Learning Blocks* by Elizabeth Barhydt PhD and Hamilton Barhydt PhD, published by Loving Life, 6th Ed. 1997