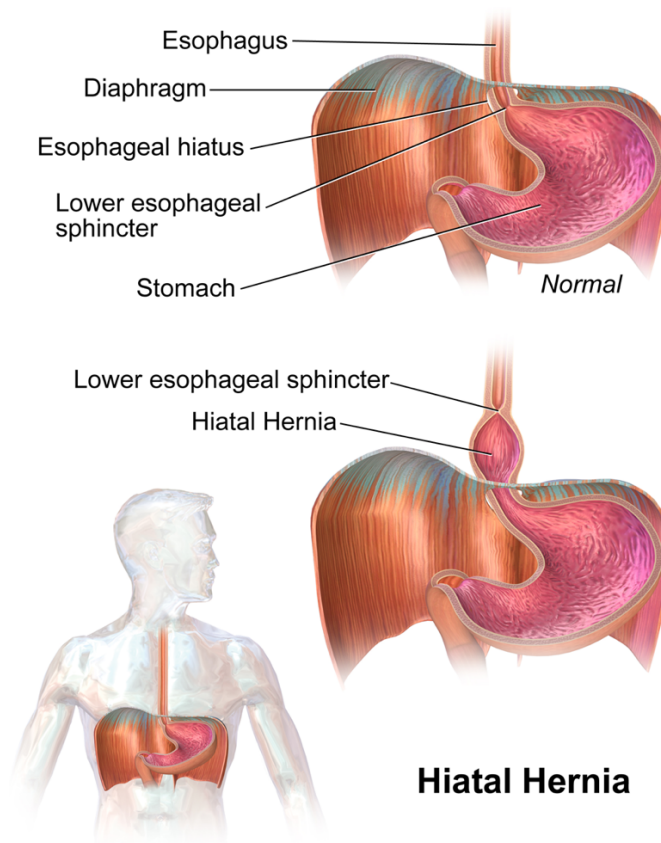


HIATAL HERNIA HEEL DROPS

A hiatal hernia is where part of the stomach has moved through the diaphragm muscle and is pressing up against the oesophagus and keeping the lower oesophageal valve open, or creating some dysfunction with the valve.

Hiatal Hernia Heel drops can be done every morning on an empty stomach. The idea is that the weight of the water upon dropping will pull the stomach back down into the abdominal cavity where it belongs.

- Drink 500ml water first thing in the morning on an empty stomach
- Ideally 10-30 heel drops (although just start with however many you feel comfortable with)
- Keep your knees soft, don't lock them. Don't wear cushioned shoes as they will soften the blow
- Wearing just socks, go up on your tip toes, and drop the full weight of your body and heels back to the ground.



By BruceBlaus - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=44924605>