



# MyoRehab

## Diverticulitis with Acid Reflux

By Victoria L Magown

I was unable to work for six weeks due to health issues which were challenging. Now, I am feeling good, MyoRehab has moved and I am treating patients again. However, one of my health issues, Diverticulitis with acid reflux, is still with me, but much more manageable. What I have come to realize is there is a physical component to this issue.

Posture has everything to do with digestion. Without realizing it, I had become collapsed in the abdominal region from the sternum to the groin. And since I had not been feeling well for some time, I had stopped my daily exercise and stretching routine.

We sit more now than in the past; so engaged with our technology. I had been sitting at the computer for long hours and the muscles and fascia became shortened and tight over the hiatal hernia area. I also noticed that the pressure of the car seatbelt caused me to collapse in this area.

When sitting and texting (which I do a lot), I became aware of leaning forward, resting my forearms on my thighs.

Can you picture what this was doing to my abdominal muscles and fascia?

All these positions shorten the abdominal muscles and fascia located between the sternum and the groin, compressing the ribs and putting pressure on the organs which slows digestion. It may even cause the esophageal sphincter to not work properly, thus producing acid reflux.

Besides changing the way I eat, I have started exercising and stretching again. One stretch in particular has the power to relieve my acid reflux. As soon as I feel the beginning of any symptoms, I do this stretch and it's under control.

I didn't want to take medication for the Diverticulitis with acid reflux, so it is very rewarding to know that I can stretch to relieve it. I now feel that I have control of this issue and it will eventually be gone.

Do you have Diverticulitis with acid reflux? Would you like to know how to manage it? The protocol is four to six treatments to address the restricted muscles and fascia and release the compressed ribs. You will receive two to four gentle exercises to do on a daily basis which will include the special stretch for the Diverticulitis with acid reflux.

Call 505-872-3100, make an appointment now. Conveniently located in Granada Square, 4263 Montgomery Blvd. NE, #200, ABQ, NM 87109, [www.myorehab.net](http://www.myorehab.net).

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