



Positive Options FOR HIATUS HERNIA

Self-Help and Treatment

Hiatus hernia is the main cause of heartburn, can cause esophageal cancer and can feel like a heart attack. Here is new information on treatment and on managing this condition with diet and lifestyle change.

TOM SMITH, M.D.

Self Help For Hiatus Hernia

Lingjun Ying



Self Help For Hiatus Hernia:

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