

Diaphragm

The diaphragm is a broad, flattened, dome-like muscle which separates the abdominal cavity from the chest cavity. It has long been known that the diaphragm is an extremely important muscle for breathing integrity.

In the past, doctors have looked to the diaphragm primarily in breathing difficulties and for the condition known as hiatal hernia. Unfortunately, there has been little a doctor could do, in the past, for diaphragm weakness in either breathing problems or for the hiatal hernia. Exercise and breathing procedures have been prescribed. Surgery has been attempted for hiatal hernia; however, it has not been very successful. The primary treatment for hiatal hernia has been special sleeping procedures and advice not to eat large amounts at any one time. These procedures usually made no major change in the patient's basic condition – they only gave temporary symptomatic relief.

Today, with applied kinesiology procedures, we are able to evaluate the diaphragm in an improved manner. Doctors understand better the purposes of the diaphragm, and how to test its function. Most important, doctors are able to obtain and maintain better function of the diaphragm, thus helping eliminate the basic underlying cause of the conditions with which the diaphragm is associated.

Poor Energy

We've known for a long time that the diaphragm influences the energy of the body by effective breathing, thus improving the oxygenation of the blood. There is new evidence that the diaphragm is responsible for additional factors which influence the energy level of an individual. The evidence points toward the diaphragm as being a mobilizer of energy, which is yet to be totally understood. The energy appears to be of an electromagnetic nature, and correlates with the meridians of the body. Improved diaphragm function by applied kinesiology methods usually improves meridian balance and its energy flow. This improvement is reflected in an improved energy level of the individual.

Hiatal Hernia

The diaphragm is constructed in such a manner that it has several openings to allow the esophagus (food gullet), blood vessels and nerves to pass from the chest cavity to the abdominal cavity. Sometimes the opening around the esophagus enlarges, and a portion of the stomach tries to go up through the diaphragm into the chest cage. This condition is known as a hiatal hernia. When this condition is present there is considerable distress. It may mimic heartburn, gas pain or stomach ulcer. It may be a pain in the

upper portion of the abdominal area, radiating up into the chest. Occasionally the condition causes a sharp pain, simulating a heart attack.

Observe the way the diaphragm muscle is constructed. There are muscle fibers that wrap around both sides of the esophagus. The fibers tend to keep the size of the hiatus (opening) closed down, preventing the so-called hiatal hernia.

If you are acquainted with applied kinesiology, you are familiar with the amazing change in muscular strength immediately after your doctor works on a nerve reflex, vertebral subluxation, or other form of treatment. The only difference between these muscles, which he tests before and after treatment, and the diaphragm is that direct testing of the diaphragm is impossible. There are, however, many methods for your doctor to evaluate the strength of the diaphragm – and the same amazing strength change takes place after the diaphragm treatment. With improved function of the diaphragm, the fibers which encircle the esophagus are better able to keep the size of the opening normal, improving almost all hiatal hernias.

Another function of the fibers which encircle the esophagus is to act as a valve. Immediately after swallowing, these muscular fibers contract, giving a valvular action in addition to the built-in valve between the esophagus and the stomach. The valvular action helps keep the food from regurgitating immediately after swallowing. This action is also important in keeping acid from going from the stomach up into the esophagus. When stomach acid does get into the esophagus, there is a severe burning sensation up from the stomach.

Individuals who have an ineffectively functioning diaphragm will not usually have all the symptoms listed above, but they will have at least some of them. Because the diaphragm is so important to normal health, your doctor – using applied kinesiology – will check it periodically, when you are on a preventive health maintenance approach, to make certain that its function is normal.