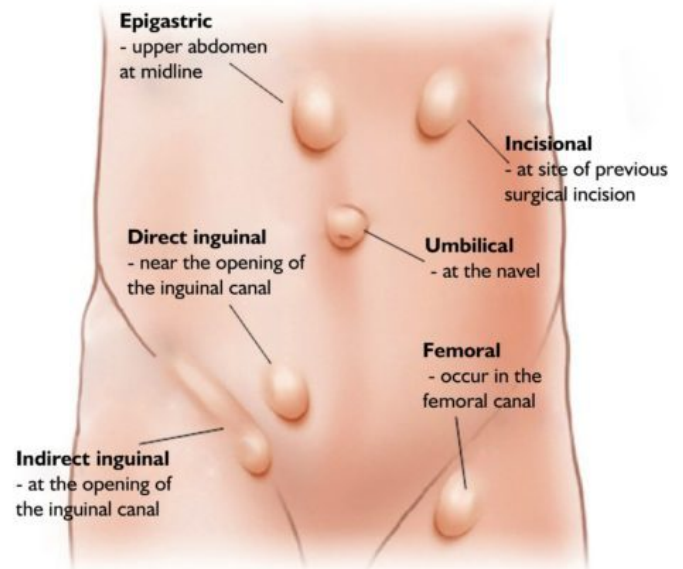
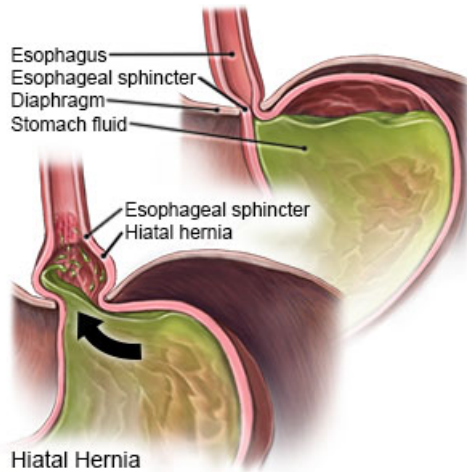


Hernias occur when an organ or fatty tissue protrudes through a weak spot in the surrounding muscle or connective tissue. The most common types of hernias include inguinal, femoral, umbilical, and hiatal. Most hernias occur in the abdomen. There are usually no symptoms. Some people have discomfort or pain. The discomfort may be worse when standing, straining, or lifting heavy objects. In time, the most common complaint is a bump that is sore and growing. When a hernia gets bigger, tissues may get trapped in the outpouching of the abdominal wall and lose its blood supply which may result in tissue death. This is called strangulation. Symptoms include nausea and vomiting and not being able to pass gas or have bowel movements. When this occurs, surgery is needed right away



Inguinal hernias are the most common type that occurs in the groin. In an inguinal hernia, the intestine or bladder pushes through the abdominal wall. Some inguinal hernias have no apparent cause. Other may occur from increased pressure within the abdomen, a pre-existing weak spot, straining during bowel movements, strenuous activity, pregnancy, or chronic coughing. Most inguinal hernias enlarge over time if not repaired surgically. In men, large hernias can extend into the scrotum, causing pain and swelling.

A **femoral hernia** occurs when the intestine enters into the canal with the femoral artery into the upper thigh or groin. Unlike inguinal hernias, femoral hernias occur more frequently in women due to the wider shape of the female pelvis. These hernias can appear with no known cause but can also occur due to straining during bowel movements, or carrying heavy loads.



An **umbilical hernia** occurs when part of the small intestine passes through the abdominal wall, near the navel. Although umbilical hernias are most common in newborns, adults can also be affected. The cause in adults is due to increase pressure in the abdomen from obesity, multiple pregnancies, previous abdominal surgery, or long-term peritoneal dialysis.

A **hiatal hernia** occurs when the upper part of the stomach pushes through the hiatus, an opening in the diaphragm. The cause is often unknown but may occur due to poor blood circulation and muscle weakness in the surrounding area. Small hiatal hernias may not cause any symptoms but once large enough it can allow acid back up into the esophagus, causing acid reflux and heartburn that is worse when bending over or lying down. Other symptoms include chest pain and swallowing difficulty

Wellness Recommendation
Inguinal, Umbilical, and Femoral Hernia

The wellness recommendation for an inguinal, umbilical, and femoral hernia include the Spring Patch, SunRise Formula, and the FASTT Patch. In TCM, muscle weakness occurs from a lack of blood supply to the area referred to here as a Cold Lower Jiao and Cold Middle Jiao. Since muscle weakness plays a large part in most, if not all, hernias, it is important to strengthen and nourish these areas to help heal the hernia and prevent future hernias from occurring. The Spring Patch, which is applied over the belly button, helps to increase intestinal blood circulation and contraction to relieve pressure on the abdominal wall. It also enhances blood flow to the lower abdomen and warms up the Middle and Lower Jiao to help repair the lower abdominal tissue damage. Many herbs utilized in the Spring

Patch, such as Myrrh and Radix Angelica Sinesis, have been shown to increase circulation through promoting nitric oxide (NO), a known vasodilator.^{1,2} This helps to enhance the recovery and diameter of capillaries to enhance blood flow. 6 Spring Patches are recommended for mild to moderate conditions. For severe conditions, SunRise Formula is also required. Sunrise Formula is an internal product that further improves blood flow to the Middle and Lower Jiao. Rhizoma Zingiberis, an herb utilized in SunRise, has been shown to increase NO production rapidly and in large amounts within the GI tract.³ This helps to enhance blood flow and nutrient supply to the intestinal tract along with the abdominal muscles. 12 Spring Patches along with SunRise Formula are recommended.

If the cause of the hernia is due to strenuous activity or muscle injury, a 6-12 FASTT Patch treatment on the location of the hernia is also required. The FASTT Patch also helps to increase local blood flow for injury repair as well as enhances metabolic reactions to increase myofibril production to repair muscle injuries at a faster rate. Herbs in the FASTT Patch help to foster a better environment for tissue repair by increasing metabolism.

If the patient also has a descended stomach due to poor blood circulation and muscle contraction, a Cold Stomach condition in TCM, the descended stomach can exert pressure to the lower abdomen and aggravate the hernia condition on the lower abdomen. Spring Capsule, SJ and Formula B are required to enhance stomach blood circulation, warm up the stomach to resolve the issue of the descended stomach, relieve the pressure to the lower abdomen, and facilitate the healing of the hernia.

Hiatal Hernia

The wellness recommendation for hiatal hernias includes Spring Capsule, SJ, Pearl, and Formula B. The middle Jiao internal formulas are utilized for hiatal hernias to help enhance blood circulation to the area as well as strengthen the lower esophageal sphincter. Spring Capsule helps increase the blood supply to the stomach and Middle Jiao including the diaphragm (nurtures stomach yang and eliminates stomach coldness). Rhizoma Atractylodis Macrocephalae, an herb used in Spring Capsule, has been shown to protect intestinal mucosal cells against injury and improve absorptive function.⁴ SJ helps improve the upper GI structure and repair damages (nurture the stomach Yin). Pearl Capsule helps restore small intestinal function and help improve food digestion. Formula B helps relax the pyloric sphincter (lower gate of the stomach) to allow food to be emptied promptly from the stomach after it is fully acidified. Formula B also helps promote intestinal contraction and prevent constipation. Patients will experience symptom improvement within 2 weeks of treatment with less chest pain and heartburn, better food digestion, and less dryness of the esophagus. One month of the protocol is required to achieve significant improvement with sustained results.

Usage Information

Spring Patch: Apply the patch over the belly button so that herbs may travel to the affected area via the intestine. Keep it on for 48 hours. Take 24 an hour break in between.

FASTT Patch: Apply the patch directly over the hernia. Keep it on for 48 hours. Take 24 an hour break in between.

SunRise Formula: 3 caps, 3 times a day.

SJ: 2 caps, 3 times a day.

Spring Capsule: 2 caps, 3 times a day.

Pearl Capsule: 1 cap, 3 times a day.

Formula B: 3 caps, 3 times a day.

Selected Case Studies

Case 1: Fast Resolution of Severe Pain Caused by Hernia

Dr. Jennifer Foster, DC, FL

A female patient of Dr. Jennifer Foster (Dr. Jenn) was having very intense abdominal pain caused by a hernia, as well as a tear in the abdominal wall. The patient was in her 70s. Dr. Jenn prescribed a series of 2 FASTT Patches and 6 Spring Patches and Sunrise formula from Wei Laboratories. The FASTT Patch accelerates the healing process of the abdominal tear, and Spring Patch will improve intestinal blood circulation and contraction to relieve pressure

on the abdominal wall. The Sunrise formula is an internal formula which helps to improve abdominal blood circulation and helps with inguinal and umbilical hernias. The patient was to first apply the FASTT Patch followed by Spring Patches while taking the Sunrise formula.

The patient saw great results! She only had 1 day of pain after starting the treatments, and at the end of the month, she had no stomach pain, no cramping, or any other problems. She is very happy and is continuing the treatment for further improvements!

Case 2: Successful Improvement of Bilateral Hernias

Dr. Charles Jewett, DC, OH

A male in his late 40 who was normal weight and moderately active had bilateral hernias just superior of the pubic symphysis. Dr. Jewett recommended an herbal treatment from Wei Laboratories specifically for hernias called the Spring Patches. The patient used 6 Spring Patches for 2 to 3 weeks on the hernia region and reported 50% improvement on the right hernia and no improvement in the left.

At this point, the doctor recommended 1200 mg of magnesium aspartate daily. Two weeks after the conclusion of the first round of treatment, Dr. Jewett added another herbal product from Wei Laboratories for more severe hernia cases; the SunRise Formula. With an additional 6 Spring Patches and the Sunrise Formula for about 3 weeks, both sides of the hernia were generally resolved! The patient was very satisfied. Dr. Jewett does recommend a maintenance program of the Spring Patches every five months and daily dosing of magnesium.

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