

Hiatus Hernia

My mum had an existing knee injury, which still gives her a lot of pain, so I suggested she took Forever Freedom drinking gel to see if this helped. Even though she is still waiting to see if a benefit is to be had for her knee, she has had an amazing benefit for her hiatus hernia!

In the past she has had to be very careful about her diet and the time of day when she ate - because she had a reflux problem, commonly at night time. She was on medication for this, but it did not solve the problem completely - just eased it a bit. Now - in her own words, she says, "I started to take 'Forever Freedom' to relieve the pain in my knee. I noticed, after about one week, that the discomfort I had after eating due to Hiatus Hernia and a Reflux problem was considerably less. This was more noticeable when retiring to sleep at night. I find this extra help to sleep more comfortably a boon."

Miss S. Howard (& Mrs L. Howard)

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