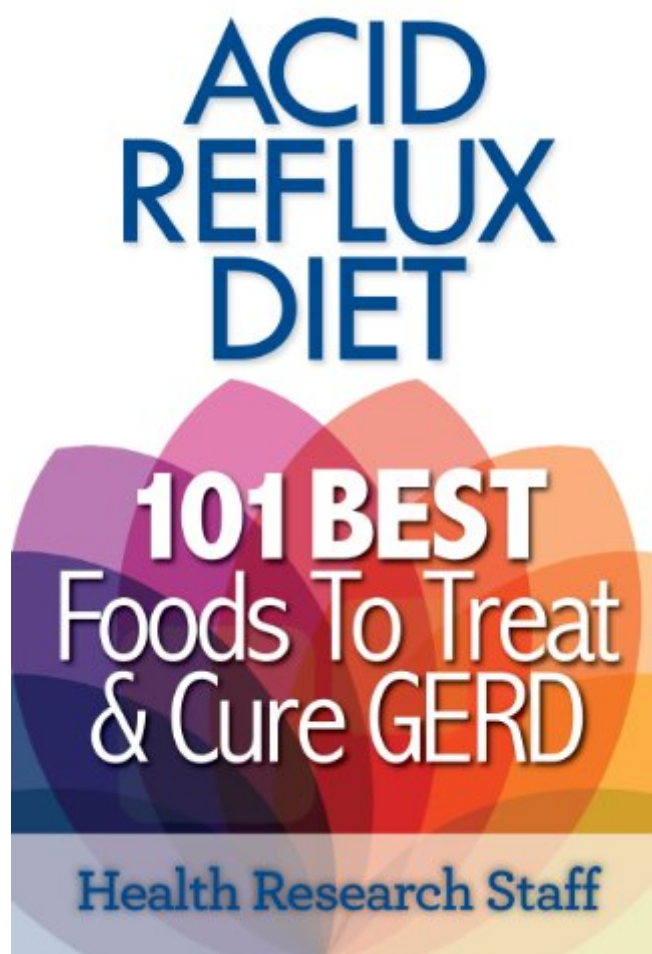


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# Acid Reflux Diet: 101 Best Foods To Treat & Cure GERD



## Synopsis

If you're someone who is suffering from Gastroesophageal reflux disease, otherwise referred to as GERD for short, you know just how painful and aggravating this condition can be. The two primary common side effects present in those who are suffering from GERD include: \* Persistent heartburn that never seems to let up\* A burning feeling of discomfort in the upper chest as well as abdomen For some people this occurs only after eating a meal and on an occasional basis, while for others it's present each and every time they eat a meal and tends to last much longer in duration. The answer is NOT to depend on prescription and over-the-counter stomach acid drugs that can cause serious health complications. By transitioning over to a diet that's filled with the proper foods and focusing on eating slightly smaller meals more frequently throughout the day to reduce the amount of stress placed on the system, you can effectively control and combat GERD. In this book, we're going to cover all the main foods that you should be eating in your diet to effectively help treat the condition and free yourself from GERD symptoms for the time to come. If you stay consistent with your efforts and make sure that you are not letting the wrong foods enter your system, you should start to see significant improvements almost immediately. Includes a shopping list that conveniently organizes them as you would find them while shopping.

## Book Information

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## Customer Reviews

On the upside, this book contains a concise list of foods to reduce the symptoms of GERD and a short explanation of why they work. On the downside, it does not list foods to avoid, and it seems to be a teaser for other products sold through a GERD website.

I really like this book. I bought it for my kindle & really wish I had bought it in print instead. I would like to toss it in my purse for easy reference.

It recommends spicy foods, cayenne, raw salads, berries and nuts. I wouldn't recommend this book to someone with GERD although I think it is great advice for anyone who doesn't have GERD and just wants to eat healthier.

I now know more than I needed to know about Acid Reflux. Bought this because family member suffers. Changing a teenagers diet is difficult so this is a great book that guides me in what to prepare/serve to help with this disorder.

In all, this book is a great primer for those suffering from GERD. The information is current and gives as much detail as possible in a small amount of space about each food and how it can help with GERD symptoms. And I love the advice of not relying on medications to treat this condition (at least, for me, not for the long-term). Most of all, the price was great for this information. BUT, on the other hand, I have a few problems with this:- There is no biographical information on the "Health Research Staff." Who, what, where are three questions that immediately came to mind. Even on their website there is no mention as to who they are.- Other than a few pages of "References," there is no mention of where their information came from. In all honesty, the information for this book I have found in countless GERD-related books and websites. Also, it would have been nice if some suggestions were given as to how to use the foods featured. A few sample recipes would have been nice, but, if not that, just suggestions on how to prepare some of the foods would have helped those who are totally lost. Again, this is a great primer and quick reference guide for GERD sufferers, but one can find more in-depth information elsewhere. - Donna Di Giacomo.

This is a ripoff - just a list of foods to allegedly cure gerd. Many of the foods are reflux triggers!!!

I was recently diagnosed with Barretts Esophagus which is a potentially dangerous illness caused by many years of untreated acid reflux. This book is very easy to follow. In fact, it starts out with a list of foods that will help eliminate the acid reflux symptoms. This is no longer a choice, it is a requirement. Because I want to live my life as full and healthy as possible, I plan to follow this book to a "T".

The book was informational and helped me to question what I was eating. The only cure for my Acid Reflux was complete elimination of ALL grains and sugar. Every person's body is different, and it's important to figure out the cause rather than continual treatment with medication. Most of these meds do more harm than good and this book will explain why.

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