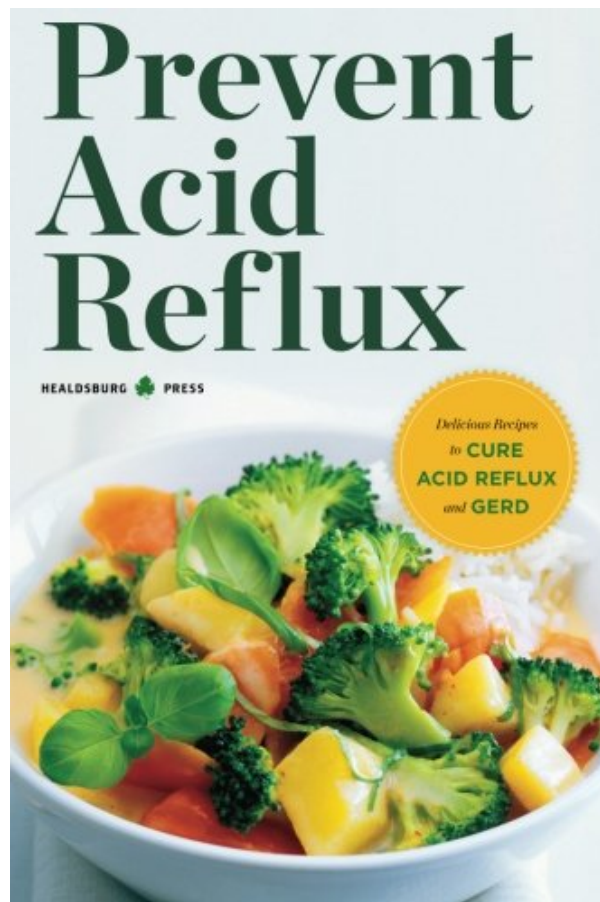


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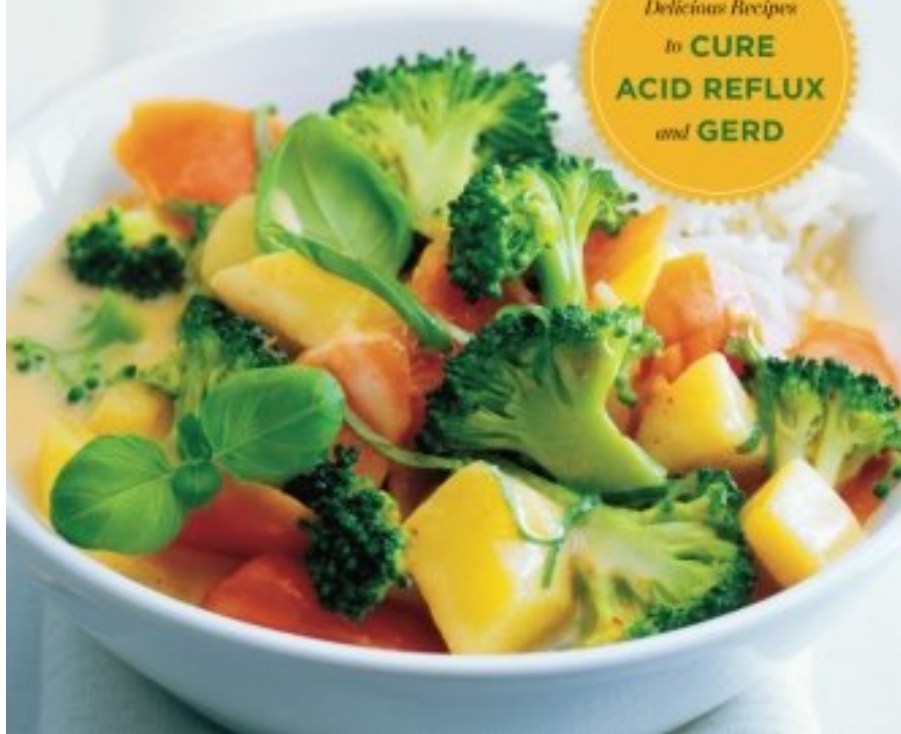
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Learn the healthy way to prevent acid reflux and GERD.

Acid reflux and GERD are painful and frustrating medical issues that can lead to serious health complications. With Prevent Acid Reflux you will be able to fight acid reflux and GERD by making smart changes to your diet. Prevent Acid Reflux is your step-by-step guide to reducing acid in your diet so that you can stop GERD and acid reflux in their tracks. Whether you occasionally suffer from acid reflux, or have been struggling for many years, Prevent Acid Reflux will help you make simple lifestyle changes that will permanently improve your quality of life.

Prevent Acid Reflux will make it easy to get rid of acid reflux, GERD and heartburn, with:

- Over 75 easy, delicious recipes to prevent and cure acid reflux and GERD
- 14-day meal plan to quickly eliminate acid reflux and GERD
- Tasty recipes that will relieve both mild and severe symptoms of acid reflux and GERD
- Q&A to determine whether the acid reflux diet right for you

Find out how a healthy diet can eliminate the pain of GERD and acid reflux forever. Prevent Acid Reflux will allow you to enjoy food once again, without the fear of acid reflux or GERD.

- Sales Rank: #289715 in Books
- Published on: 2013-12-20
- Released on: 2013-12-23
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .35" w x 5.98" l, .50 pounds
- Binding: Paperback
- 162 pages

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20 of 20 people found the following review helpful.

An Helpful Guide

By mola

This book is a phenomenal guide that will helping anyone who suffers from this horrifying illness. It gives extremely clear and detailed background information on where this disease comes from and how it can be prevented with eating habits and diet. This book gives all of the right tips for anyone who wants to stop suffering from acid reflux and GERD. It also provides a step-by-step detailed diet, that covers daily meal plans which include delicious and savory meals. Prevent acid reflux is a great resource that provides valuable tools and information to help sufferers of acid reflux and GERD. I highly recommend this book.

17 of 17 people found the following review helpful.

This is a must read for reflux sufferers

By jmeqlee

"Prevent Acid Reflux" is a perfect resource for information about acid reflux. It details the food and beverages that should always be avoided, rules to follow to prevent reflux and a 14 day diet plan to follow once reflux symptoms surface. It describes the pH levels of different food items, as well as the pH level of the human body which is 7.5. As someone who suffers from acid reflux, this book is invaluable to me as it provides in depth information, plus the recipes sound amazing and I can adjust my eating habits accordingly.

18 of 19 people found the following review helpful.

"An ounce of prevention is worth a pound of cure"

By Stella Maris

"An ounce of prevention is worth a pound of cure" is an old adage which Prevent Acid Reflux proves true. This clear and simple self-study guide will teach you everything you need to know to recognize and reduce acid reflux, including a 14-day meal plan and plenty of recipes to get your stomach back in balance.

Chapter One presents a comprehensible fact-filled overview of the medical science behind acid reflux, providing the background you need to understand diagnosis, medical tests, treatments, and medications – and their hazards.

Chapter Two and Three address the relationship of acid reflux to diet and provide information, methods, and tips to manage acid reflux with good eating habits.

Chapter Four presents an initial 14-day meal plan designed to transition your system, along with recipes for each meal -- as well as snacks. The recipes are so appealing that you'll want to try them even if you don't have acid reflux!

With many options for recovery, it is possible not only to eradicate occasional acid reflux, but to minimize chronic acid reflux. The ten straight-forward steps given to reduce acid reflux will encourage you to eat right, taking time to process your food, thereby reducing stomach acid and helping cells discharge toxins before they promote cancer. This gentle but firmly supportive guide provides reasons and encouragement needed to make positive changes that are necessary to solve this unnecessarily prevalent health problem.

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