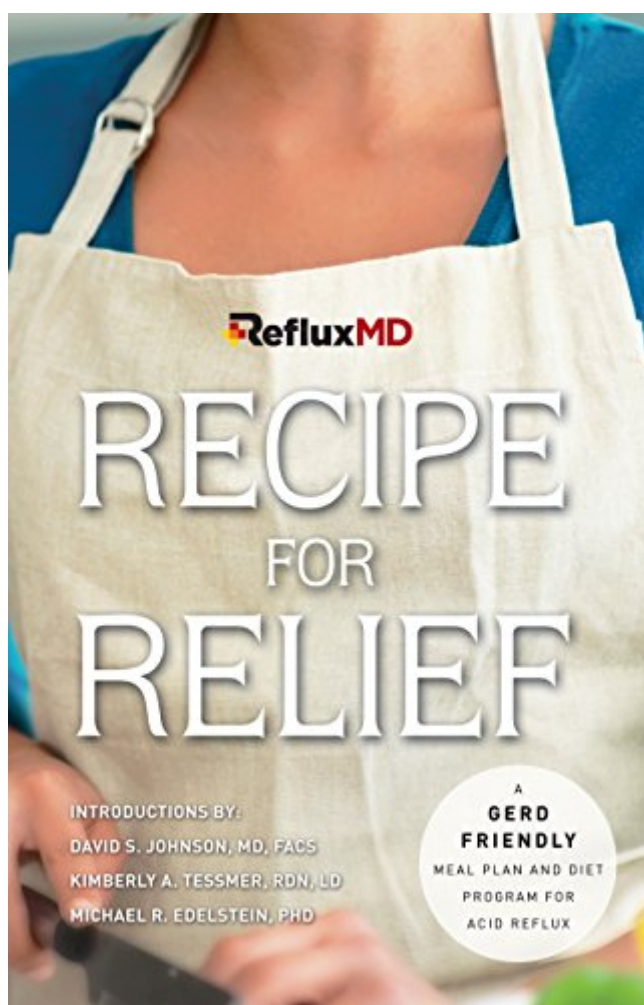


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# RefluxMD's Recipe For Relief: A GERD Friendly Meal Plan And Diet Program For Acid Reflux



## Synopsis

The natural and healthy solution for relief of acid reflux disease!OK, YOU HAVE GERD...NOW WHAT ARE YOU GOING TO DO ABOUT IT? If you have been told to take antireflux medications to treat your disease, then its time you learn about the potential consequences of long-term daily use of those powerful medications - and about your alternatives. Itâ™s your disease and itâ™s your lifeâ get started building your path to relief and good health.In RefluxMD's Recipe for Relief you will learn about the underlying cause of this condition and the treatment alternatives available today. More importantly, you will learn how to implement a natural eating plan designed to avoid those foods that cause your symptoms, as well as a plan to maintain a safe and healthy BMI. Most GERD experts agree with this statement by the National Institute of Health: "You can prevent or relieve your symptoms from gastroesophageal reflux or gastroesophageal reflux disease (GERD) by changing your diet." • RefluxMD's Recipe Relief will show you how. "RefluxMD has taken a complicated long-term chronic condition and made it simple for individuals who are not medical professionals to understand."Dr. David S. Johnson, MD, FACS, GERD Expert and Surgeon"RefluxMD does not rely on medications, but rather digs into the underlying reasons for your condition. This is the only way to control acid reflux for life, and to prevent both the symptoms and the medical issues it can cause in the long term."Kimberly Tessmer, RDN, LD, Author, Nutritionist, and DieticianMake the decision today to get your life back!RefluxMD is a one-stop resource for help with gastroesophageal reflux disease. Visit us today at [www.refluxmd.com](http://www.refluxmd.com) to get started on your path to relief.

## Book Information

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## Customer Reviews

This is the best source I have found for educating oneself about GERD and hiatal hernias. Prepared by a consortium of gastro-enterologists from the West Coast, it will help the user educate himself about this common health problem and modify his lifestyle. The contents are comprehensive, authoritative, current and understandable. If you want real help from specialized practitioners this is the go-to work. It really gets down to the nitty-gritty. For a better idea of its scope and style, see [...].

easy to follow, great recipes

Didn't find it very useful or practical. Dr Aviv's book is much better. suggestion: meal plan charts and quick meals for working people who don't have time to follow recipes and do a lot of cooking

When I was first diagnosed with GERD I didn't take it seriously. Why would I? I went to my ENT with earaches and he said that they were probably reflux because there was no other issue. I had never heard of that happening to anyone and when he (actually the receptionist) gave me a one pager on my way out that read among other things, "don't drink coffee, drink wine, eat chocolate etc." I'm pretty sure I laughed and threw that paper out - since those are three of my favorite things. I cut back a bit on my coffee, did not drink for a while and took Prilosec for two weeks as I was told. I felt better, and then went on with my usual lifestyle. Two years later I'm suffering mightily, and until reading this book, truly had no idea how my habits were contributing to my health problems (most of which I never realized were all symptomatic of GERD). If you have been even casually diagnosed with GERD or reflux, please read this book. Now that I'm talking to friends and family about my reflux I've learned I'm not alone, this book is right about the fact that this issue affects so many people.

The information about GERD and some remedies were helpful. I was hoping for more recipes in the book.

Not really for me I'm afraid but well put together.

tons of useful info along with some great dietary recipes. . .

easy to follow recipes, lots of great suggestions and definitely helped with my acid reflux

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Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Reflux: Finally free: Stop heartburn and excessive acid in less than a week with these 3(+1) natural methods along with a tasty diet. (Acid Reflux) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes for Effective Natural Remedy in the Treatment, Prevention and Cure of Gastritis and Acid Reflux Bland Diet: Bland Diet Small Meal Ideas and Recipes(Nutritional Health Benefits and Uses of Bland Diet,Acid Reflux,Ulcers,Stomach Surgery,Gastrointestinal Disorders) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) The Easy Acid Reflux Cookbook: Comforting 30-Minute Recipes to Soothe GERD & LPR Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook

Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief

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