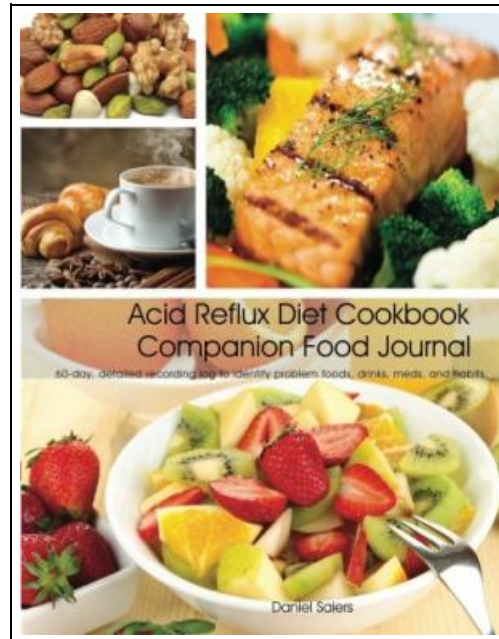


Acid Reflux Diet Cookbook Companion Food Journal



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Reviews




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(Rosendo Douglas DVM)*

ACID REFLUX DIET COOKBOOK COMPANION FOOD JOURNAL



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Acid reflux and GERD symptoms have certainly been experienced for years. More than 60 million adult Americans suffer from heartburn at least once a month and over 25 million experience heartburn daily. Gastroesophageal reflux disease, or GERD is a digestive condition that develops when the reflux of stomach contents causes troublesome symptoms and/or complications. Heartburn is the most common symptom of GERD, but regurgitation, difficulty swallowing, and a feeling of a lump in the throat are other symptoms. The frequency and number of people affected in the last 30 years have been affected by acid reflux and GERD is alarming. Visit any drugstore and you ll see tall displays touting the latest antacids, Proton pump inhibitors(PPI) and Histamine(H2) blockers, useful for dropping acid levels in the stomach. Individuals of every age and socioeconomic status can be affected by acid reflux and GERD (Gastrointestinal Reflux Disease). The conditions inhibit the simplest functions in life. Those afflicted cannot sit down and enjoy a simple meal without experiencing mild to extreme discomfort. The Acid Reflux Diet Cookbook Companion Journal, is easy to understand and is extremely useful as a recording tool. It will allow sufferers to get a handle on which foods, drinks, medications, and lifestyle habits are causing the most trouble. Identifying the culprits will allow you to modify your diet and lifestyle, lessening or altogether dropping acid reflux discomfort levels. If you re using an Acid Reflux Cookbook or menu to drop acid related discomfort levels, this journal will allow you to record the meals that are best suited for your stomach s digestive system in the future while avoiding those that cause digestive problems. This...

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