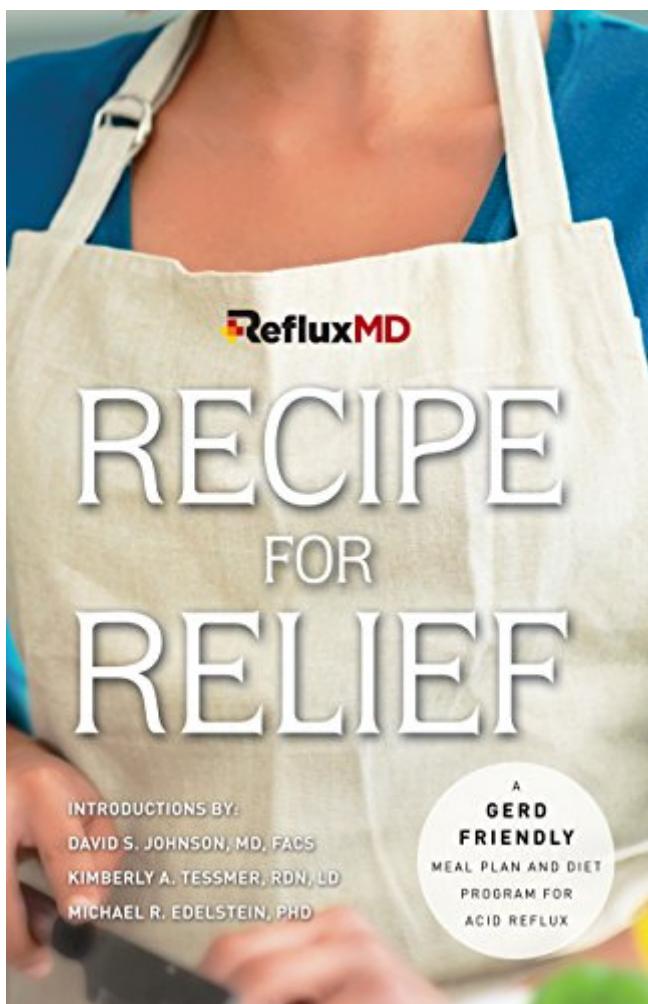


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# RefluxMD's Recipe For Relief: A GERD Friendly Meal Plan And Diet Program For Acid Reflux



## 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. It's your disease and it's your life. 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 definately helped with my acide reflux

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