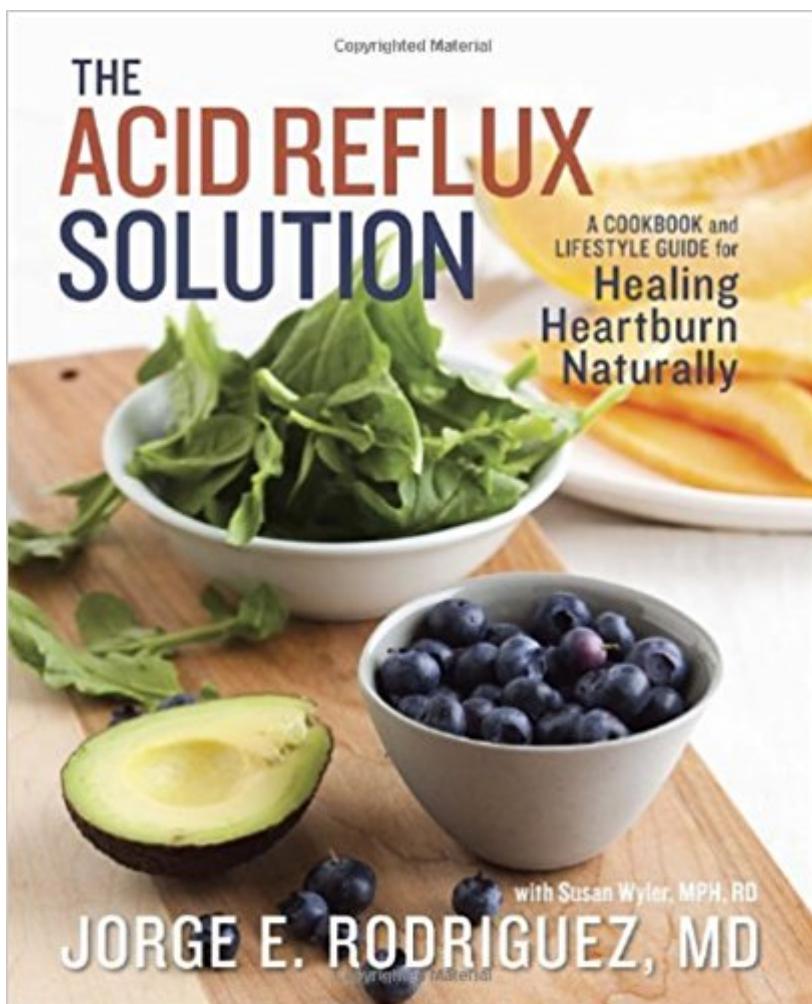


The book was found

The Acid Reflux Solution: A Cookbook And Lifestyle Guide For Healing Heartburn Naturally



Synopsis

Heal Heartburn and Lose Weight, Naturally Â If you suffer from acid reflux, youâ™re not alone. More than 50 million Americans have GERD, or gastroesophageal reflux disease, and while antacids can be effective for short-term relief, they can also cause dangerous medical conditions if theyâ™re used for more than the recommended fifty days at a time. Luckily, The Acid Reflux Solution offers a simple plan to help you gradually and safely reduceâ™ and eventually eliminateâ™ the need for pills while alleviating your heartburn. Â In this combination medical guide and cookbook, gastroenterologist Jorge E. Rodriguez, MD, has teamed up with registered dietitian and food writer Susan Wyler to present a three-step program to heal heartburn naturally. This isnâ™t a formal diet planâ™ no calorie counting requiredâ™ but youâ™ll probably shed some pounds while following The Acid Reflux Solution because these recipes were designed for good health. In fact, Dr. Jorge has not only healed his own heartburn since developing this plan, but he has also lost more than 30 pounds! Â In step one you make some simple lifestyle modifications, like raising the head of your bed, loosening your belt, and eating less but more often. These are easily achievable goals that you can start working on today. In step two, you start eating to avoid reflux. With 100 high-fiber, low-fat, portion-controlled recipes to choose from, this step is the most deliciousâ™ and surprising. The list of foods that actually trigger acid reflux is smaller than you might think, which means you can enjoy meals that you probably thought were off limits, like Cuban Black Bean Soup, Grass-Fed Beef and Portobello Blue Cheese Burgers, Asian Barbecued Chicken, and even Spaghetti and Meatballs. Â In the final step, you reduce the dosage and frequency of the medications you were taking to control your heartburn because you wonâ™t need them anymore. The Acid Reflux Solution combines the latest medical research with reflux-friendly recipes to help you feel great, lose weight, and live heartburn free.

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Customer Reviews

âœDr. Jorge always makes everything so easy to understand. Even if you just skim this book, youâ™ll know exactly what Dr. Jorge is talking about. I like when itâ™s that simple. If you donâ™t believe me, open a page.â•â "WHOOP! GOLDBERGâœThe Acid Reflux Solutionâ is a must-read for anyone looking for natural ways to reduce heartburn.â•â "TRAVIS STORK, MD,â host ofâ The Doctorsâ and author ofâ The Lean Belly Prescription

Jorge E. Rodriguez, MD, is a board-certified internâ-ist and gastroenterologist who received his medical degree from the University of Miami. He completed his residency in internal medicine at Tulane Medical School in New Orleans, and his fellowship in gastroenterology at Baylor University Medical Center in Dallas. Dr. Rodriguez has established himself as a leader in HIV treatment and intestinal diseases. He has appeared as an expert medical commentator on CNN News, Good Morning America Health, The Doctors, and The View. He is an MDVIP-affiliated physician and has had an internal medicine practice in Newport Beach, California, since 1988. Susan Wyler, MPH, RD, is a registered dietitian who worked for many years as a cookbook author and food editor, most notably at Food & Wine magazine. Her books include Cooking from a Country Farmhouse, Cooking for a Crowd, and The Swiss Secret to Optimal Health, written with Dr. Thomas Rau. Wyler recently graduated from the University of North Carolina at Chapel Hill with a masterâ™s degree in public health. She also did advanced field work at the prestigious cancer research hospital Institut de CancÃ©rologie Gustave Roussy in France. She lives in Chapel Hill, North Carolina.

I have tried to follow the recommendations in the book...elevated the head of my bed, eating smaller meals more often and avoiding 'trigger' foods. I have reduced the amount of Zantac taken from two 150 mg. tablets to one a day. The incidence of acid reflux seems to be less than before trying to incorporate the suggestions in the book. I still need to take an occasional antacid. I have also experienced fewer medication side-effects since adopting a different routine. I have tried other recommended techniques to control my acid reflux. None of the other remedies have worked for me.

This book is amazing. So much great information in such an easy read. The recipes are great as well. This book is not everything that you need to know about acid reflux, but is a great way to set yourself on the path to correctly managing your condition. Obviously, you should still see your doctor. Long story short, this book is a great place to start taking control of your own health.

This well written book has valuable information for people who need help with acid reflux, particularly if they need to lose weight. The writing is clear, concise and conversational. Since portion control is essential to controlling acid reflux, there's an emphasis on conscious eating, which I found very helpful. I love to cook and eat, the recipes are top notch. I especially enjoyed the beautiful color food photos. The process of cooking up several of the delicious, healthy recipes taught me how to cook this way without a recipe. Highly recommend!

Only about a 1/4 of the way through this book, but it is really great so far. For anyone that suffers from GERD, it's a must-read. Can be such a frustrating problem, and so many doctors just throw pills at you without ever addressing the source of the problem. Even if your condition is such that you have to continue to take PPIs or other acid reducers, the tips in this book are just good sense. And the recipes are healthy and yummy! And also not anything too crazy. You can get away with eating a lot more than you think, if you follow the guidelines.

I loved this book. The author also suffers from reflux issues and is a gastroenterologist. His insights and personal experience make this a worthwhile book to purchase. He is very realistic about what you can and cannot eat and his suggestions for lifestyle changes are realistic and simple to accomplish.

Great Ideas in here that have really helped me take control of my reflux situation. Take it seriously. I am making serious changes because this acid reflux thing was ruining my voice and I'm a singer. Now I'm taking my meds like I should, have raised my bed 4" and am making dietary changes. I can really tell a difference.

Helpful for anyone dealing with this condition. Lots of good ideas here.

This book I bought for my father. He has acid reflux all the time and I wanted him to try some of the

natural ways to cure it instead of popping the tums. They are very helpful and easy hints. The rest of the book is all recipes. I like this book a lot.

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