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Eating for Acid Reflux: A Handbook and Cookbook for Those with Heartburn

By Jill Sklar, Annabel Cohen, Manuel Sklar

Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Eating for Acid Reflux: A Handbook and Cookbook for Those with Heartburn, Jill Sklar, Annabel Cohen, Manuel Sklar, Gastroesophageal reflux disease a digestive condition characterized by a surplus of gastric acid that backs up into the esophagus and damages fragile tissues causes burning pain, nausea, and vomiting for millions of people each day. Now, in Eating for Acid Reflux, authors and fellow acid reflux sufferers Jill Sklar and Annabel Cohen offer an invaluable resource for all those seeking relief from acid reflux symptoms. Split into two user-friendly sections, Eating for Acid Reflux first provides essential information on the nature of the condition, mainstream and alternative therapies, essential lifestyle modifications, personal stories from others with the condition, and much more. The next section offers over 100 healthy, tasty, low-fat, low-acid recipes, ranging from American culinary favorites to exotic Thai, Mexican, and Italian dishes, and suggests simple substitutes for seemingly forbidden foods such as desserts and salad dressing. Complete with an extensive resource section, Eating for Acid Reflux is perfect for everyone newly diagnosed with acid reflux as well as for those who have struggled with the condition for years and are seeking new tips...



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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

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