



Acid Reflux Diet and Cookbook For Dummies

By Patricia Raymond, Michelle Beaver

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Get rid of GERD for good

Is your heartburn making you dread meal times? No matter how delicious a feast is before you, the prospect of that burning pain, nausea, and even vomiting can be enough to make you turn away. Heartburn is a symptom of Gastroesophageal Reflux Disease, commonly called acid reflux, and the pain is caused by stomach acid damaging the tissue in your esophagus. It's more than a minor annoyance—GERD is a precursor to esophageal cancer, and it affects over 50 million Americans. There are medications to treat GERD, but what most sufferers don't realize is that a few simple lifestyle changes can help your medication work better—or get you off medications completely.

Acid Reflux Diet & Cookbook for Dummies is your roadmap to ending GERD for good. In it, you'll find lifestyle and diet modifications that prevent symptoms from occurring in the first place, as well as explanations about the mechanism of the condition and how and why these modifications help. The book contains over 70 practical recipes, plus tips on navigating grocery stores, restaurant menus, and the holiday season. You'll gain valuable insight on the small, easy changes that can make a big difference, and get answers to questions like:

- Is your posture and sleep position working against you?
- Can chewing gum really help or hurt?
- What supplements may work just as well, or better than, prescriptions?
- How does eating more often help prevent symptoms?

Whether you've tried every treatment available and still haven't found relief, or are hoping to avoid prescription medication completely, *Acid Reflux Diet & Cookbook for Dummies* is a clear, comprehensive guide to getting rid of GERD.

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Editorial Review

From the Back Cover

Learn to:

- Make delicious meals that are easy on your system
- Treat the causes and get relief
- Simplify grocery shopping and decipher nutrition labels
- Make simple substitutes for forbidden foods

Put an end to acid reflux—and take your life back

Want to get rid of GERD for good? Whether you've tried every treatment available or are hoping to avoid prescription medication, *Acid Reflux Diet & Cookbook For Dummies* outlines the lifestyle and diet modifications that prevent symptoms from occurring, as well as explanations of the condition and how and why these modifications help.

- Know your triggers — keep track of what you eat, grasp how certain foods cause your reflux to flare, and make life-changing alterations to your diet
- Get on the road to a reflux-free lifestyle — find the latest information on acid reflux, understand what it is and why it's bad, and discover how you can revamp your diet and lifestyle to beat it
- Acid Reflux 101 — understand how your digestive process works, identify what causes acid reflux, and find out how acid reflux is diagnosed
- Any way you slice it — find trusted and compassionate guidance on surgical procedures that treat acid reflux
- Make special considerations — handle reflux when you're pregnant, help your child cope with acid reflux, and successfully manage reflux as you age

Open the book and find:

- More than 70 healthful, tasty, reflux-friendly recipes
- Savvy tips on navigating the supermarket and eating out
- How and why acid reflux begins
- The diet and lifestyle changes that can bring you long-lasting relief
- Complications associated with acid reflux
- Ten simple ways to change your eating habits
- How changing your sleeping position can offer instant results

About the Author

Patricia Raymond, MD, FACP, is one of the most respected voices in patient education on digestive health, including acid reflux. **Michelle Beaver** has served as editor-in-chief or associate editor for magazines that serve surgeons, endoscopic nurses, nephrologists, and primary-care physicians.

Users Review

From reader reviews:

Bernard Walker:

What do you think of book? It is just for students because they're still students or the idea for all people in the world, exactly what the best subject for that? Merely you can be answered for that problem above. Every person has several personality and hobby for every other. Don't to be forced someone or something that they don't need do that. You must know how great as well as important the book Acid Reflux Diet and Cookbook For Dummies. All type of book are you able to see on many methods. You can look for the internet options or other social media.

Kathe Waller:

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Maria Forshee:

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Timothy Quintero:

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