

Acid Reflux Diet: An Essential Cookbook

by

Kate Anderson

ACID REFLUX DIET

AN ESSENTIAL COOKBOOK



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Synopsis

Acid reflux happens when there is acid discharge from the stomach into the throat. This happens normally yet can cause entanglements or problematic manifestations, like acid reflux. One explanation this happens is that the lower esophageal sphincter (LES) is debilitated or harmed. Regularly the LES closes to keep food in the stomach from climbing into the throat. The food varieties you eat influence the measure of acid your stomach produces. Eating the correct sorts of food is vital to controlling acid reflux or gastroesophageal reflux infection (GERD), a serious, ongoing type of acid reflux. This cookbook was planned particularly for your progress from eating man-made to undeniable food sources. Think of it as an excursion.

Sort review

About the Author Becky Campbell, DNM, DC, author of The 30-Day Thyroid Reset Plan and The 4-Phase Histamine Reset Plan, is a board-certified Doctor of Natural Medicine who focuses on clinical nutrition. She is the co-host of the podcast The Health Babes, and she is also the founder of the popular blog DrBeckyCampbell.com. She lives in Palm City, Florida. --This text refers to the paperback edition.

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