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The Acid Reflux Solution (Paperback)

By Jorge Rodriguez

Random House USA Inc, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Heal Heartburn and Lose Weight, Naturally If you suffer from acid reflux, you 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 they 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 reduce--and eventually eliminate--the need for pills while alleviating your heartburn. 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 isn t a formal diet plan--no calorie counting required--but you 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! In step one you make some simple lifestyle modifications, like raising the head of your bed,...



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