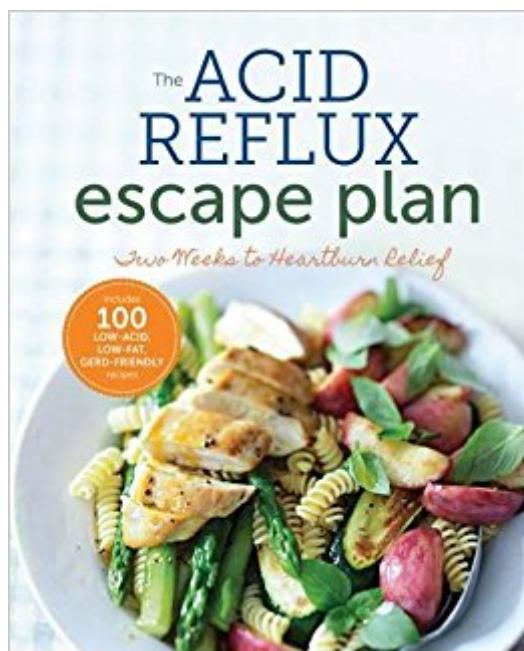


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# The Acid Reflux Escape Plan: Two Weeks To Heartburn Relief



## Synopsis

The Most Painless Approach to Adopting a GERD-Friendly Diet Break free from painful heartburn with The Acid Reflux Escape Plan, a practical 2-week meal plan that empowers you to control your symptoms with smart dietary choices. Unlike other acid reflux cookbooks, The Acid Reflux Escape Plan includes detailed shopping lists and over 100 low-acid, low-fat, GERD-friendly recipes that cut out aggravating triggers without sacrificing flavor or taste. Detailed food lists and easy-to-understand explanations arm you against acid reflux attacks 100 delicious low-acid, low-fat, low-irritant recipes won't trigger or exacerbate symptoms A step-by-step meal plan with shopping lists eases your transition to a GERD-friendly lifestyle A "Personal Triggers" guide helps you customize your diet to your body's unique needs With The Acid Reflux Escape Plan, you're on the road to better health and a happier, symptom-free lifestyle.

## Book Information

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## Customer Reviews

KAREN FRAZIER is a Seattle-based writer and nutrition and fitness expert who specializes in cookbooks for restrictive diets. Before being diagnosed with celiac disease and an acute dairy allergy, Karen suffered from severe gastrointestinal symptoms, chronic GERD, malnutrition, and anemia for nearly two decades. It wasn't until she changed her diet that she finally found relief from her symptoms and improved her health. Karen is the author of several cookbooks, including The Hashimoto's Cookbook and Action Plan and The Gastroparesis Cookbook.

I am one of the unfortunate people who has severe reflux. Most days I would have a constant feeling of burning in my chest and throat, could only sleep propped up, and sometimes would have to try and sleep sitting up. Ugh! I am working with a doctor to try and figure out why this problem is so bad and to see what can be done, if anything, to fix it. My quality of life has been so bad that I started researching what kind of foods I can eat and what foods I shouldn't eat. That is how I came upon this book. It sounded good and figured I had nothing to lose, so I purchased it. Best decision I could have made! This book changed the quality of my life. I started the meal plan and within 3 days was able to cut back on acid blockers. After two weeks on this meal plan, I was able to eat, in small doses, some foods that are known reflux triggers for me. For the most part, now that I'm feeling so much better, I am finding that I do not even want to eat the things that make me feel so sick. I will continue to work with my doctor to try and figure out why I have such bad reflux, but at least now I feel and sleep much better and can make smart decisions about what to put in my mouth. I am so happy I found this book! Thank you!!

Useful book. I have had acid reflux for years but it was mild. This year it has become more uncomfortable. This book explained a lot about it and what foods to eat and which ones to avoid. I have not tried the recipes yet but they sound good.

Great recipes and very helpful with my reflux problem.

Great variety of recipes and information

This book is a really helpful tool for recipes that ease your acid reflux.

Recipes taste great. Love the shopping lists for each weekly menu.

Recipes are easy

Did I order this ??..oh.. yes I did..the book is great and I have made some great recipes from it. Easy to create and very satisfying outcome.

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