



Your Nutrition Solution to Acid Reflux: A Meal-Based Plan to Manage Acid Reflux, Heartburn, and Other Symptoms of Gerd (Paperback)

By Kimberly A. Tessmer

Career Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Your Nutrition Solution to Acid Reflux will help you get to the cause of your heartburn, not just putting a medication bandaid on your symptoms. If you re ready to make diet changes to get you heartburn free, then this is the book for you! --Jan Patenaude, RD, CLT, director of medical nutrition, Oxford Biomedical Technologies, Inc. Your Nutrition Solution to Acid Reflux is a fantastic book that provides the reader with a solid understanding of acid reflux presented in a way that is easy to understand. The author provides step-by-step solutions including the most cutting-edge information available. I highly recommend this book to anyone suffering from acid reflux, and to my own patients. --Alyssa Simpson, RD, CDE, CLT, Nutrition Resolution More than 60 million Americans experience symptoms of acid reflux at least once per month and at least 25 million Americans suffer on a daily basis. Your Nutrition Solution to Acid Reflux will give you: The latest medical information on acid reflux and GERD as well as a complete yet simplified overview of the disease to enhance your understanding Tips on not only on nutritional intake...



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