

Chronic Heartburn

Answers the following chronic heartburn questions:

- What are the symptoms, causes and complications of chronic heartburn?
- Who is at risk of developing acid reflux problems?
- When do you need to involve a doctor?
- What role does medication play in managing acid reflux?
- What lifestyle changes can be made to relieve and prevent chronic heartburn?
- What are the best recipes for managing chronic heartburn?

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LISA MARIE RUFFOLO is a journalist whose personal experience with digestive disorders prompted her to learn more.

Managing Acid Reflux and GERD Through Understanding, Diet and Lifestyle

FOR THOSE MILLIONS of people who experience acid reflux and GERD, this book will provide some welcome relief. A comprehensive resource for fully understanding the medical reasons behind chronic heartburn, this book also provides practical coping strategies, featuring authoritative dietary advice based on the most current medical research and practice in all the key issues of interest to those with chronic heartburn.

Here are some of the delicious acid reflux-friendly recipes featured in this book: Crimson Sunset Juice, Sunset Smoothie, Asparagus and Mushroom Frittata, Sicilian Spinach Bread, Super Soothing Vegetable Stock, Crab Chowder, Couscous Salad, Hearty Veal Stew, Pork Tenderloin with Dried Fruit, Baked Macaroni and Cheese, Mediterranean Meatball Stew, Chinese Cabbage Rolls, Grilled Veggie Pizza, Just Peachy Cake.

Since healthy eating is key to the management of acid reflux and GERD, more than 100 specially tailored recipes are also included. These creative dishes are satisfying and delicious, and all will be well tolerated by those with acid reflux. Anyone coping with chronic heartburn will find this book invaluable.

\$22.95 USA
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