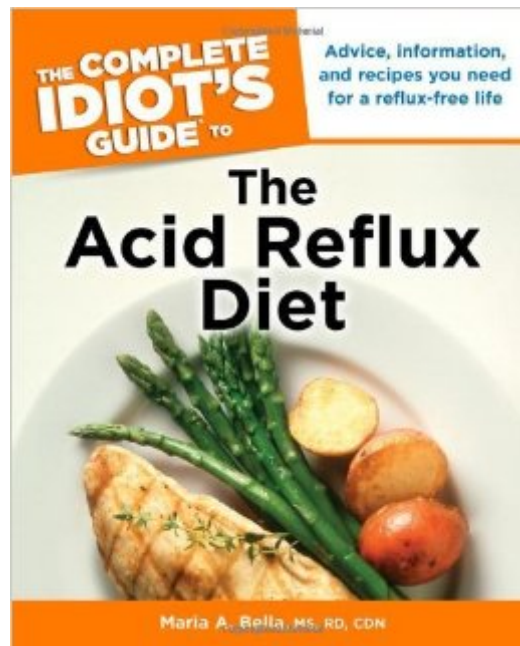


The book was found

The Complete Idiot's Guide To The Acid Reflux Diet (Idiot's Guides)



Synopsis

• Complete meal plans and more than 120 recipes • Useful as a general guide for dietary and medical professionals as well

Book Information

Series: Idiot's Guides

Paperback: 336 pages

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Average Customer Review: 4.4 out of 5 stars • See all reviews (99 customer reviews)

Best Sellers Rank: #52,599 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #895 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #1129 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I was diagnosed with acid reflux a few years back, but could not stick to a diet. I dislike bland foods, enjoy going out with my friends, and travel at least once or twice a month for business. This book is amazing as it really does have all the answers! It is easy to read and covers everything from eating junk food to cooking at home. So far, I tried the meatball recipe and it was to die for. This book is a keeper.

I am plagued with Acid Reflux that has progressed to Barrett's esophagus (Pre-cancer). This book is easy to read and understand and gives practical advice on how, what and when to eat to keep it from progressing further. I wish I had read it a few years ago with the first "heartburn" symptoms and not waited until it had progressed to this dangerous level.

This is one of the best books for reflux or silent reflux. There are many lists of "do" and "don't" foods. Answers are also available for food selections if you go out to eat, or go on a cruise. Food suggestions are so helpful for your 6 meals a day. Menu Planning really helps you get through the day. Recipes for appetizers, breakfasts, breads and grains and snacks are many. Also included is

recipes for soups, sandwiches, salads, surf and turf. Vegetarian courses, pastas and desserts round out your choices. Weight management discussed and why you should sleep on your left side. The author discusses the proper medications that your Dr. can suggest for your relief. It will become your "bible" for reflux. You will be so happy after this purchase. One of the best lists in this book is your grocery shopping list. Use it with ease to stock your shelves. You will love this book.

This author is very knowledgeable on Acid Reflux Disease and explains it in the book. There are lots of recipes that are down to earth and useful for everyday meals and she uses everyday products that you would have on hand. One thing she didn't mention was the use of "Bragg's Apple Cider Vinegar" - taking this organic vinegar with water (I even mix it with Grapefruit juice and water) really helps Acid Reflux. My husband is off all his medications and tumors that he always popped all day long! We watch our diet closely and use Bragg's Apple Cider Vinegar and try to eat organic as much as possible!

This is an old-fashioned version of dealing with acid reflux. The book that really worked for me was the book by Dr. Norman Robillard, which I highly recommend. I had LPR (laryngopharyngeal reflux), which is a type of reflux. I followed Dr. Robillard's book and was symptom-free after a few days. I found that I could eat all the foods that are no-no's in this book. So I do not recommend this book as being helpful.

I rated it five stars because I found it to be extremely helpful. A lot of good information and great, simple and nutritional recipes.

good over-all info, however, the author missed completely the GERD 1st relative, Silent Reflux. Same mechanism as GERD, but symptoms are very different and affect the larynx and pharynx and diagnosis is by a fiberoptic laryngoscopy. It is called Silent Reflux and there is usually no heartburn, thus may be missed by physicians. I bought this book thinking it would have info on Silent Reflux and was very disappointed as it was not even mentioned.

I have recently been diagnosed with GERD or Acid Reflux Disease. The doctor just gave me an overview of what not to eat anymore. This book goes into great detail about not only what to avoid, but healthy and tasty alternative foods and recipes. I highly recommend this book to anyone who has Acid Reflux or even those who have heartburn. It can save you hours of pain and reduce the need

for Tums.

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