

Acid_reflux_cookbook

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Summary:

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Amazon.com: Customer reviews: Dropping Acid: The Reflux ... This book has a lot of good information about acid reflux, but the recipes leave much to be desired. "The Acid Escape Plan" has the same information, and I liked the recipes a lot better. Acid Reflux Recipes Acid Reflux Recipes. When you have acid reflux, what and how much you eat have a direct impact on how you feel. From avoiding your triggers to watching your portion size to lightening up your family favorites, managing your diet is a critical part of managing your acid reflux. 10 Low-Fat Recipes That Reduce Reflux - Health Meals that are low in fat and acid, but high in whole grains, vegetables, and certain fruits can help you avoid heartburn. In Dropping Acid: The Reflux Diet Cookbook & Cure, authors Jamie Koufman.

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