

Chronic Heartburn



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Managing Acid Reflux and
GERD Through Understanding,
Diet and Lifestyle

INCLUDES MORE THAN **100** RECIPES

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Reflux disease, or gastroesophageal reflux disease (GERD) is an increasing problem in western nations. Quality of life has been identified as a major problem for people with GERD as a result of severe symptoms that do not always respond to treatment. The goal of this book is to provide an easy to read resource on the topic that can be useful for those who are challenged with this problem. This book has been written to provide the most current up to date information on the subject, including: a medical overview and understanding of the condition; lifestyle considerations; signs and symptoms; healthy eating for acid reflux and GERD; and conventional medical treatments: drug therapy, endoscopy and surgery. Healthy eating is important in the management of acid reflux and GERD. This book includes 100 recipes that are uniquely suited to meet the needs of acid reflux sufferers. These creative and tantalizing recipes provide meal options that are both satisfying and delicious. GERD is a chronic problem. This book will provide information on how to live well with this condition.

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