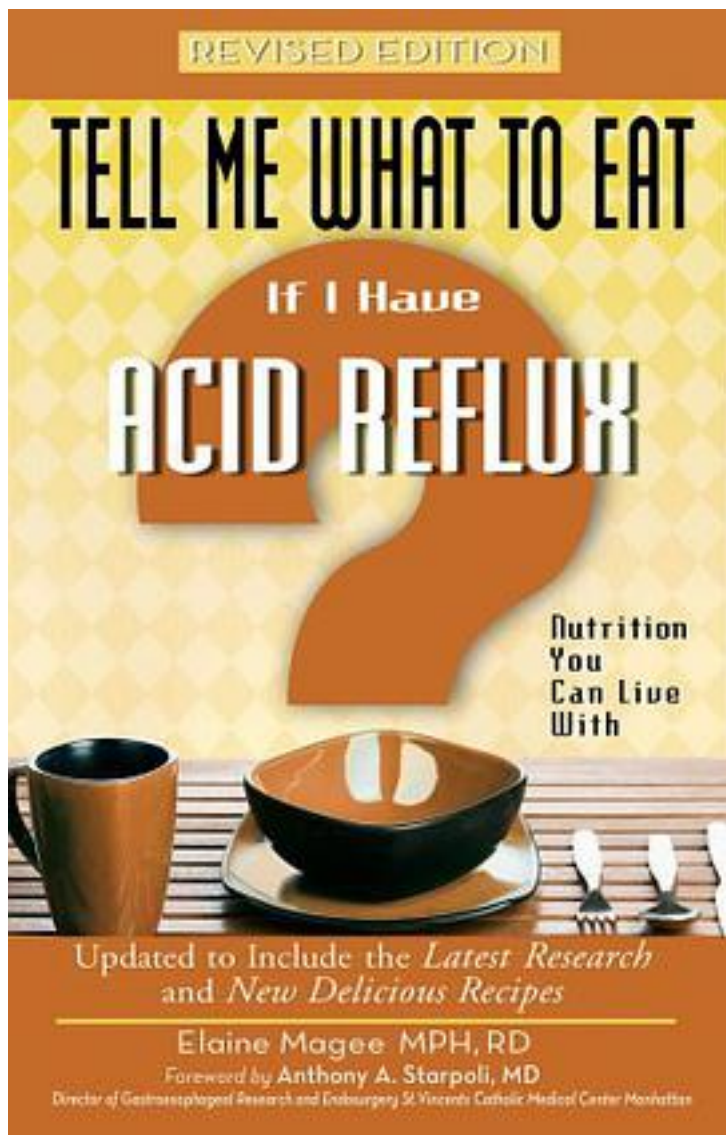


Tell Me What to Eat If I Have Acid Reflux



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著者:Elaine Magee

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Heartburn isn't just a minor inconvenience???it is very painful and can inhibit your sleep, affect your work, and make you feel miserable. Of course, if you are one of the 60 million Americans who get heartburn at least once a month, you already know this. Tell Me What to Eat If I Have Acid Reflux begins with an overview of acid reflux. Readers get a detailed yet completely understandable explanation of how and why this condition begins???an explanation that is based on the latest medical information. The majority of the book is dedicated to all the ways that diet and lifestyle can bring relief and decrease heartburn, including an entire section with specific tips and recipes to help you during the worst times of the year for heartburn sufferers???the holiday season.

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