



## Eating for Acid Reflux: A Handbook and Cookbook for Those with Heartburn

By Jill Sklar, Annabel Cohen, Manuel Sklar

Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Eating for Acid Reflux: A Handbook and Cookbook for Those with Heartburn, Jill Sklar, Annabel Cohen, Manuel Sklar, Gastroesophageal reflux diseasea digestive condition characterized by a surplus of gastric acid that backs up into the esophagus and damages fragile tissuescauses burning pain, nausea, and vomiting for millions of people each day. Now, in Eating for Acid Reflux, authors and fellow acid reflux sufferers Jill Sklar and Annabel Cohen offer an invaluable resource for all those seeking relief from acid reflux symptoms. Split into two user-friendly sections, Eating for Acid Reflux first provides essential information on the nature of the condition, mainstream and alternative therapies, essential lifestyle modifications, personal stories from others with the condition, and much more. The next section offers over 100 healthy, tasty, low-fat, low-acid recipes, ranging from American culinary favorites to exotic Thai, Mexican, and Italian dishes, and suggests simple substitutes for seemingly forbidden foods such as desserts and salad dressing. Complete with an extensive resource section, Eating for Acid Reflux is perfect for everyone newly diagnosed with acid reflux as well as for those who have struggled with the condition for years and are seeking new tips...



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