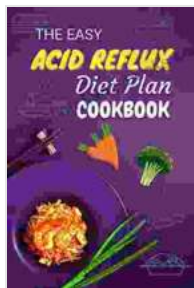


# The Easy Acid Reflux Diet Plan Cookbook: Your Complete Guide to a Heartburn-Free Life

## What is Acid Reflux?

Acid reflux is a condition in which stomach acid flows back into the esophagus. This can cause a burning sensation in the chest, regurgitation of food or liquid, and coughing. Acid reflux can be caused by a number of factors, including:



## The easy Acid Reflux Diet Plan Cookbook: Delicious Diet Recipes help Relief from GERD and LPR

by Georg Feuerstein

★★★★☆ 4 out of 5

Language : English

File size : 615 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 171 pages



\* Hiatal hernia \* Weak lower esophageal sphincter \* Delayed gastric emptying \* Certain foods and drinks \* Pregnancy \* Obesity

## How Can Diet Help Acid Reflux?

Diet can play a major role in managing acid reflux. Eating a healthy diet that is low in trigger foods can help to reduce symptoms and improve your

quality of life.

Some of the foods that can trigger acid reflux include:

\* Fatty foods \* Spicy foods \* Acidic foods \* Caffeinated beverages \*  
Alcoholic beverages

Eating smaller meals more frequently can also help to reduce acid reflux. This is because eating large meals can put pressure on the stomach and cause it to push acid up into the esophagus.

### **The Easy Acid Reflux Diet Plan Cookbook**

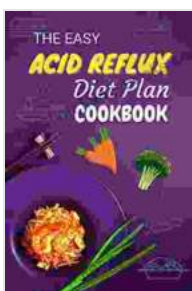
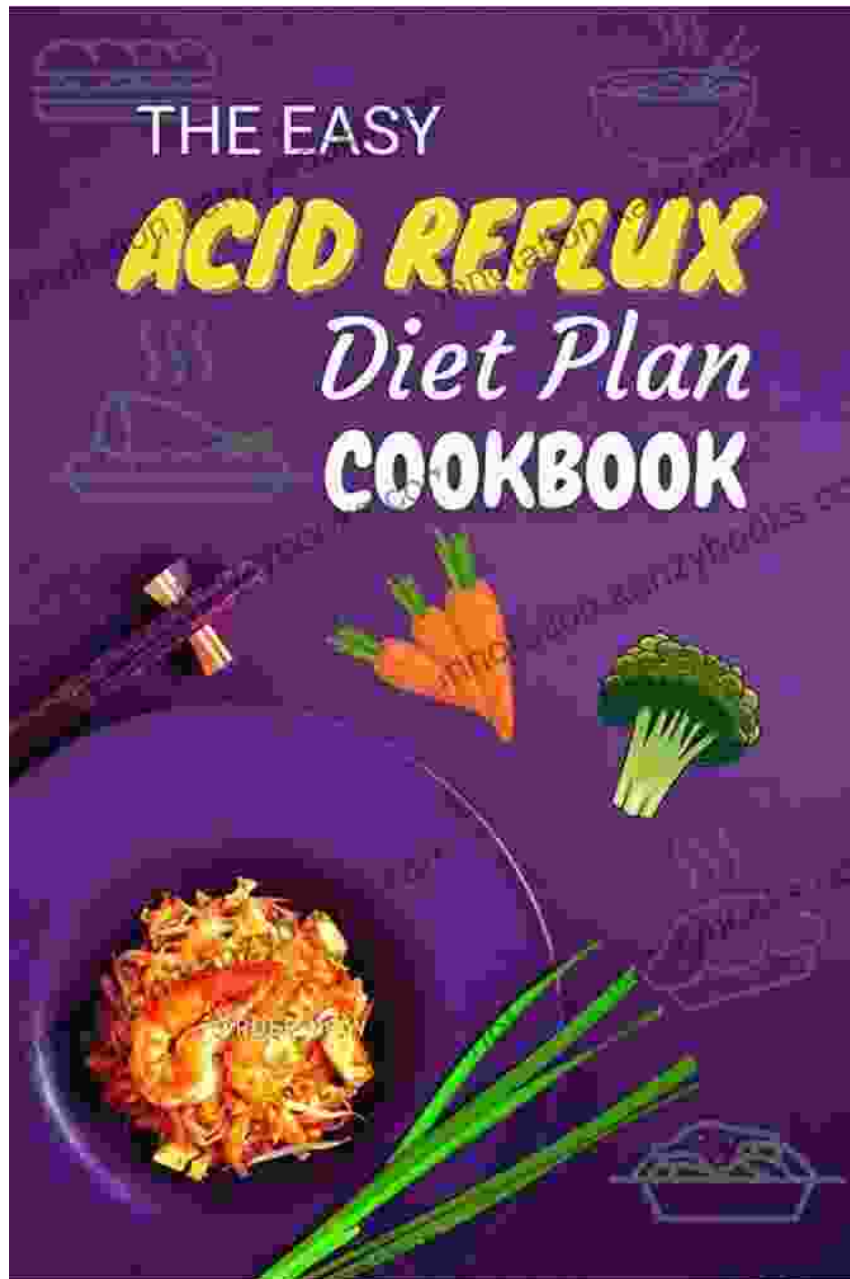
The Easy Acid Reflux Diet Plan Cookbook is your complete guide to eating a healthy diet that will help you control your acid reflux. This cookbook includes:

\* Over 100 delicious recipes that are low in trigger foods \* A 7-day meal plan to help you get started \* Tips on how to make healthy choices when eating out \* A list of foods to avoid

With The Easy Acid Reflux Diet Plan Cookbook, you can finally take control of your acid reflux and live a heartburn-free life.

### **Free Download Your Copy Today!**

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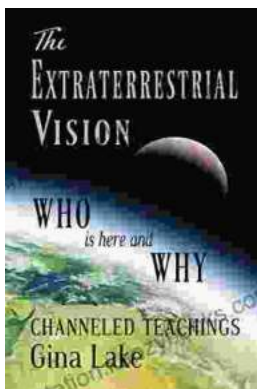
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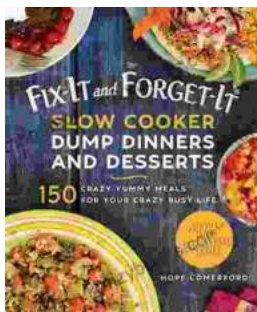
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