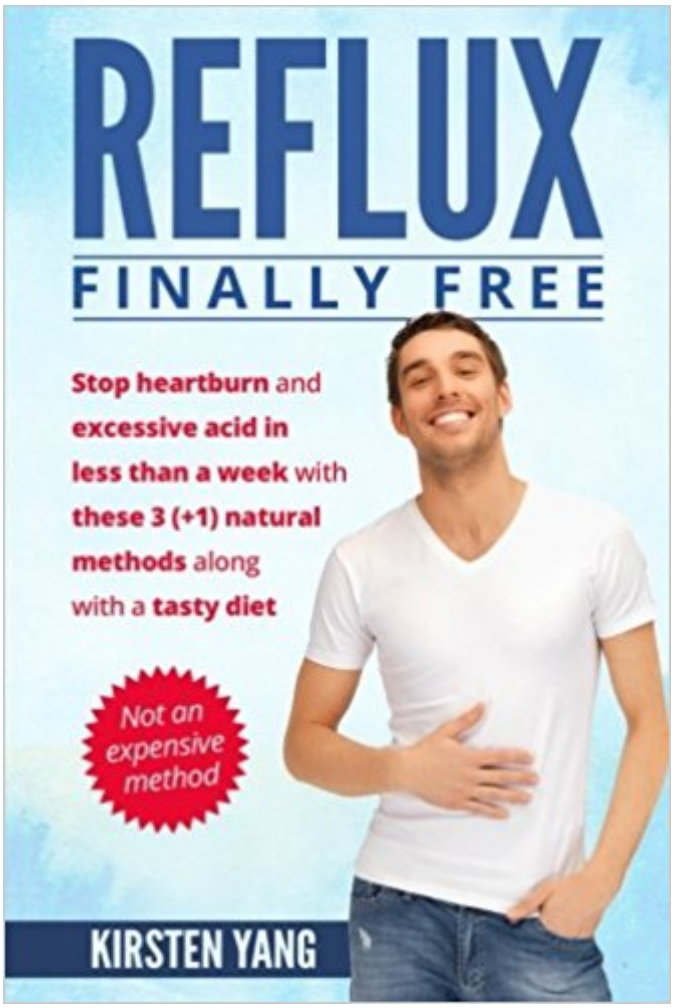
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Reflux: Final Free: Stop Heartburn And Acid In Less Than A Week With These 3(+1) Natural Methods And A Tasty Diet



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Synopsis

Acid Reflux, GERD, Heartburn, Reflux**Are you looking for the ultimate solution?**"Do you wanna stop the reflux andÃ Â feel free to talk with people!?"Ã Â You are going to discoverÃ Â how I succeeded in 6 days withÃ Â these 3 (+1) simple methods.Ã Â No medicines that will increase your acidity levelNo expensive solutionsNo diet that will increase your appetite and give you worse heartburnI am Kirsten and I had acid reflux until I was 27 and I really wanted to spend my time with friends, colleagues and more than that, with my partner...I always woke up with aÃ Â strong heartburn and tremendous reflux, likeÃ Â I could not catch my breathEverythingÃ Â I ate and drankÃ Â literally came backÃ Â from my stomach.Ã Â When I laid down, I started feeling a burning pain around my lower chest and suddenly my mouth got such a bad smell.Ã Â I was avoiding all social interaction as much as I couldÃ Â I almost never went out with my friends and colleagues, not even for a beer....I was really afraid of this, all the time.Ã Â I was afraid to be the only one couldÃ Â not talk normally with peopleÃ Â I was afraid I could not have a normal relationship and stay close to my partnerÃ Â I wasÃ Â feeling really vulnerableÃ Â and more than that, I was scared someone could notice...I went through all of this...I made hundreds of mistakes trying to fix it,Ã Â until I used these 3 natural methods (+1 bonus!!) and a specific diet that changed everything...I fixed it in 6 days and now...Ã Â I wake up feeling refreshed and energeticÃ Â No more heartburnÃ Â after eating or in the morningÃ Â I can approach my partner without fear of destroying nice moments between usÃ Â I stopped being afraid ofÃ Â getting close to peopleÃ Â in every day lifeÃ Â I feel more confident andÃ Â I can freely talkÃ Â with my colleaguesÃ Â face to faceÃ Â or in teamsÃ Â "The point is I do not want that you waste your time like I did, so I created this book...Ã Â ...Just imagine how your life will change whenÃ Â you will feel freeÃ Â to talk and be close to people."Ã Â This is what happened to me, it can happen to you as well...Ã Â ...ADD THIS BOOK TO YOUR CART AND GET YOUR COPY

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Customer Reviews

Do you want to be energetic in your life? feeling healthier?Kirsten Yang is anÃ Â holistic nutrition consultant and health educatorÃ Â specializing in traditional foods and preparation.She works predominantly with women, helping them find the freedom of health in their ever-changing bodies.She has accumulated overÃ Â 9 years of experienceÃ Â in the wellness field and has always been passionate about the healing power of mind, body and related diseases.She currently lives in Arizona with her husband and daughter.

Was kinda disappointed. Thought book would contain more recipes and information.

i am one of the unfortunate people who has severe reflux. Most days I would have a constant feeling of burning in my chest and throat, could only sleep propped up, and sometimes would have to try and sleep sitting up. Ugh! I am working with a doctor to try and figure out why this problem is so bad and to see what can be done, if anything, to fix it. My quality of life has been so bad that I started researching what kind of foods I can eat I am one of the unfortunate people who has severe reflux. Most days I would have a constant feeling of burning in my chest and throat, could only sleep propped up, and sometimes would have to try and sleep sitting up. Ugh! I am working with a doctor to try and figure out why this problem is so bad and to see what can be done, if anything, to fix it. My quality of life has been so bad that I started researching what kind of foods I can eat and what foods I shouldn’t eat. That is how I came upon this book. It sounded good and figured I had nothing to lose, so I purchased it. Best decision I could have made!This book changed the quality of my life. I started the meal plan and within 3 days was able to cut back on acid blockers. After two weeks on this meal plan, I was able to eat, in small doses, some foods that are known reflux triggers for me. For the most part, now that I’m feeling so much better, I am finding that I do not even want to eat the things that make me feel so sick.I will continue to work with my doctor to try and figure out why I have such bad reflux, but at least now I feel and sleep much better and can make smart decisions about what to put in my mouth. I am so happy I found this book! Thank you!!

This is great, because it’s a combo cookbook and science book. It gives the ins and outs of reflux

and the science behind it. It also give a lot of good recipes and foods that are okay to eat. It is not a "diet" book. Even though the recipes are low-fat and low-acid, it repeatedly tells you that those foods are okay some of the time in moderate quantities, especially once you get your reflux under control. I would recommend the book to anyone who has had difficulty finding relief from GERD and silent reflux.

Excellent book. My husband was suffering from acid reflux for nearly a year. He went through several types of treatment, which provided temporary relief. And then we tried natural ways and dieting, and this was one of the cookbooks we bought, and it worked amazing! He hasn't had a case of reflux for more that a week, and we are so happy and hope he will stay reflux-free for much longer!

HiThis is a great book on the subject of acid reflux. I have a long standing interest in matters relating to health, so I make a point of checking out books,as there's always something new to learn and I have learned some interesting new facts and remedies in this book.If you are suffering from acid reflux then there are a variety of possible causes behind it, so the best approach is to read a variety of books and how to guides and then experiment a little, if you do this then definitely your acid reflux will reduce. This book is certainly worth a read for any acid reflux sufferer as its jam packed full of many useful remedies and tips!

The following chapters of this book will discuss acid reflux also known as heartburn or GERD, common symptoms, common treatments and natural solutions to try to relieve symptoms without medication. This guide is meant to inform us and not to be used in replacement of any medical advice. The tips in here are very practical and straightforward.

Amazing! This book is extraordinary for individuals needing to get at the underlying driver of their indigestion and heartburn. Periodically, individuals look for pills and band helps as opposed to making sense of what is bringing on the issue in any case. Craig makes an extraordinary showing with regards to with offering functional answers for add to your way of life. Not exclusively will his recommendation help your indigestion/reflux, yet will likewise help your general wellbeing and health. This book will help you comprehend WHY you are having these indications and how you can stop them by rolling out basic dietary and way of life improvements. Worth perusing book!

This has been a great book for me in helping me get rid of my heartburn problems. It was short and to the point and that is exactly what I needed from a book. I am happy with my purchase of this book and recommend this to anyone having these problems!

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Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)

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