



Acid Reflux Diet: 101 Best Foods To Treat & Cure GERD

Health Research Staff

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If you're someone who is suffering from Gastroesophageal reflux disease, otherwise referred to as GERD for short, you know just how painful and aggravating this condition can be.

The two primary common side effects present in those who are suffering from GERD include:

- * Persistent heartburn that never seems to let up
- * A burning feeling of discomfort in the upper chest as well as abdomen

For some people this occurs only after eating a meal and on an occasional basis, while for others it's present each and every time they eat a meal and tends to last much longer in duration.

The answer is NOT to depend on prescription and over-the-counter stomach acid drugs that can cause serious health complications.

By transitioning over to a diet that's filled with the proper foods and focusing on eating slightly smaller meals more frequently throughout the day to reduce the amount of stress that's placed on the system, you can effectively control and combat GERD.

In this book, we're going to cover all the main foods that you should be eating in your diet to effectively help treat the condition and free yourself from GERD symptoms for the time to come.

If you stay consistent with your efforts and make sure that you are not letting the wrong foods enter your system, you should start to see significant improvements almost immediately.

Includes a shopping list that conveniently organizes them as you would find them while shopping.

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Carmelita Ratliff:

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