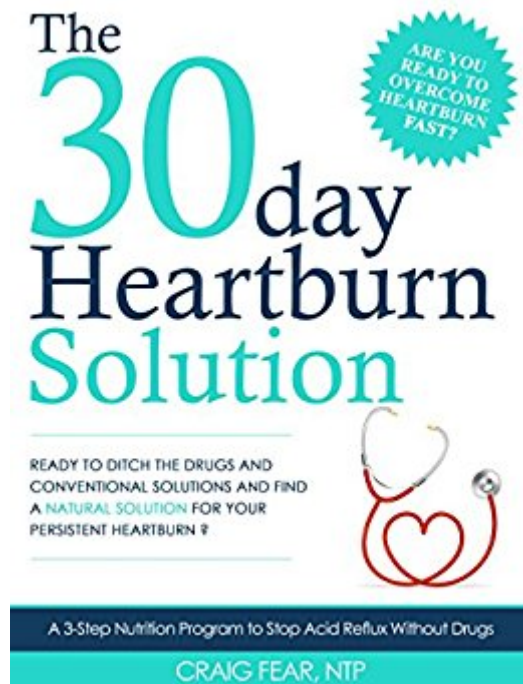


The book was found

# The 30 Day Heartburn Solution: A 3-Step Nutrition Program To Stop Acid Reflux Without Drugs



## Synopsis

Are You Ready to Overcome Heartburn FAST? Nexium, Zantac, Rolaids, Tumsâ have you tried all the drugs only to be on higher and higher doses and still experiencing heartburn? Have you heard the common nutrition adviceâ "eat less fat, stop overeating, eliminate triggers (like delicious chocolate and wine)â "and heeded it, only to be let down by your results? Maybe your symptoms, in fact, are getting worse. And this is exactly the problem with conventional treatments. They can free you of acid refluxing into your esophagus, but they often do so at the expense of your long-term health. They fix one problem but in the process cause a multitude of other ones for which more drugs are often prescribed.

**Heartburn-Free Without the Drugs**

You may be ready to ditch the drugs and conventional solutions and find a natural solution for your persistent heartburnâ but whatâ <sup>TM</sup>s the answer? How about a 30 day plan that will eliminate heartburn and do a lot to reduce other complaints, like bloating, inflammation, fatigue, weight gain, nausea, constipation, gallbladder problems, and irritable bowel syndrome (IBS), to name a few? And unlike acid-blocking drugs, this plan is designed to make you healthy, not just take away your symptoms.

**Welcome to Your Pain-Free Life**

Author Craig Fear, a Nutritional Therapy Practitioner and owner of Pioneer Valley Nutritional Therapy in Northampton, Massachusetts, offers a solution here in **The 30 Day Heartburn Solution** that will have your digestion running smoothly in no timeâ "pain-free. And no more drugs! This 30 day plan uses real food to heal your body. Learn the simplest meal planning method ever for having delicious meals all week long. No more getting overwhelmed by the 21 different things you need to make that week, like youâ <sup>TM</sup>ll find with other meal plans. Most see reduced symptoms in as little as a few days or weeks. Youâ <sup>TM</sup>ve got nothing to lose except your heartburn!

**Available on Kindle and paperback.**

## Book Information

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## Customer Reviews

I love this book and reviewed it on my web site Heal Your Gut With Food (dot com). Here it is: What is one of the most over-used and prescribed drugs in America? You might immediately think of antibiotics. Those are definitely over-prescribed. However, the medications Craig Fear, NTP (Nutritional Therapy Practitioner) refers to in his new book, The 30-Day Heartburn Solution are anti-acid medications such as TUMS, Rolaids, and prescription medications including Prilosec and Zantac for heartburn and acid reflux. One of the most pervasive health myths is that the cause of heartburn is too much acid produced in the stomach. In this book, you<sup>TM</sup>ll read why this is an idea whose time has come and gone. You may also be surprised to learn that contrary to popular belief, there is a connection between continued use of heartburn medications and nutritional deficiencies, bone loss, and further digestive problems! I like the assertion that the symptom of heartburn after eating a meal is an example of cause and effect. Remove the cause of the heartburn, and you will have a solution! In this case, Craig emphasizes the nutritional value of our diets in resolving heartburn and acid reflux. In some cases, other holistic interventions may be warranted. But the good news is, in many instances, dietary changes are all it takes! If you are one of the many people who have taken drugs or over-the-counter medications for chronic heartburn or acid reflux, I really think you could benefit from reading this book! You<sup>TM</sup>ll learn about the science and connection between not only processed foods and heartburn or acid-reflux, but also the missing components of important nutrients that are largely missing from our modern diets.

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