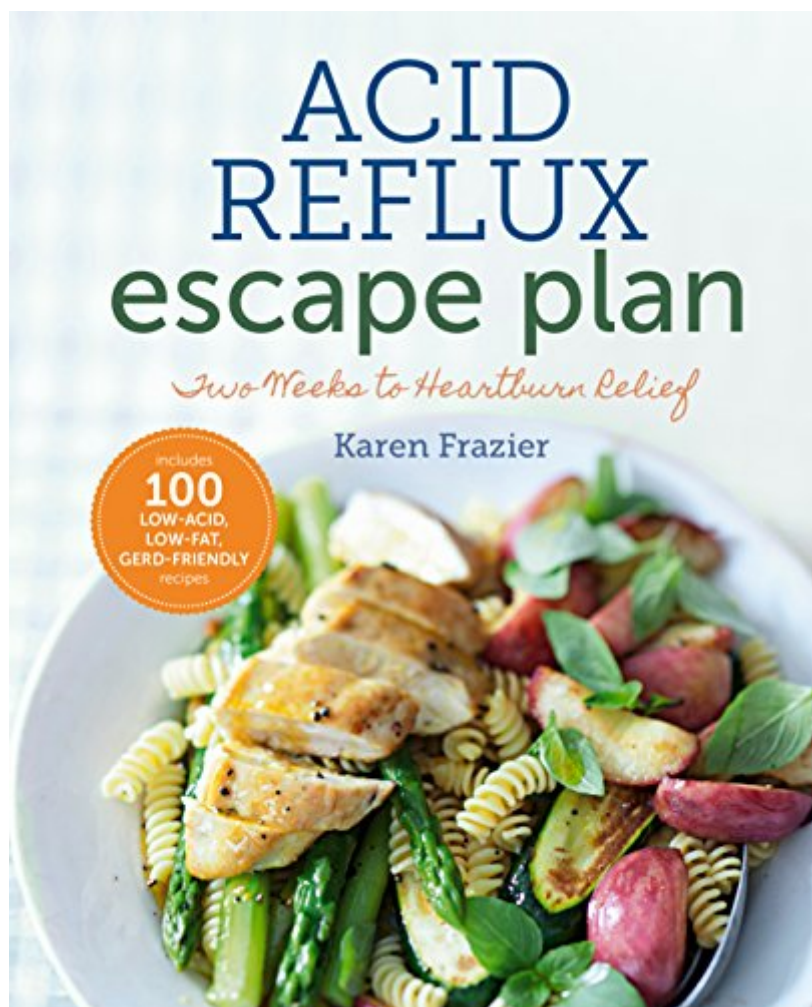


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# The Acid Reflux Escape Plan: Two Weeks To Heartburn Relief



## Synopsis

The Most Painless Approach to Adopting a GERD-Friendly Diet Break free from painful heartburn with The Acid Reflux Escape Plan, a practical 2-week meal plan that empowers you to control your symptoms with smart dietary choices. Unlike other acid reflux cookbooks, The Acid Reflux Escape Plan includes detailed shopping lists and over 100 low-acid, low-fat, GERD-friendly recipes that cut out aggravating triggers without sacrificing flavor or taste. Detailed food lists and easy-to-understand explanations arm you against acid reflux attacks. 100 delicious low-acid, low-fat, low-irritant recipes won't trigger or exacerbate symptoms. A step-by-step meal plan with shopping lists eases your transition to a GERD-friendly lifestyle. A "Personal Triggers" guide helps you customize your diet to your body's unique needs. With The Acid Reflux Escape Plan, you're on the road to better health and a happier, symptom-free lifestyle.

## Book Information

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## Customer Reviews

Having heartburn can ruin an entire day when unable to find a solution to make it go away. I dealt with heartburn most of my pregnancy and when my son was born he suffered from GERD Reflex. Now this book would have been no good to him since he was only a few months old, it would have

been a huge benefit to me. 7+ years later and I still get heart burn from time to time. I am excited about The Acid Reflux Escape Plan because now I have better options to help solve my issue. Heart burn can totally ruin my evening and that is the last thing I want. This book is loaded with amazing dishes! I never realized I could still enjoy great meals all while cutting out the foods that cause my heart burn. Everything is broken down in chapters and I think this is brilliant! The first chapter is all about understanding Acid Reflux and GERD. I am impressed that GERD was added because I had no idea what it was until my son developed it and I didn't know many people who had heard of GERD either. It's good that there is a chapter devoted to understanding the problem. But the chapters continue with how to eat healthy and the escape plan. From chapter four and on are all broken down into food categories. You have Breakfast and Brunch, Snacks and Appetizers, Side Dishes, Vegetarian and Vegan, Meat and Poultry, Fish and Shellfish, Broths, Sauces and Condiments, and Desserts and Sweets. Those are all the chapters and I have to say I was happy to see the Vegetarian and Vegan chapter. I am neither but Dairy products sometimes bother my stomach and though I love chicken, I am not a huge red meat or fish eater. So this chapter does benefit me! Tips are given within the first few chapters about how to eat healthier and to stay on track with healthy eating.

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