

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

Karen Frazier - pdf download free book

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## Books Details:

Title: The Acid Reflux Escape Plan:

Author: Karen Frazier

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## Description:

### 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.

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