



The Acid Reflux Diet - Acid Reflux Lunches: Quick and Creative Lunch Ideas for Acid Reflux (GERD DIET)

The Acid Reflux Diet

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If you suffer from acid reflux (GERD), you certainly know how painful it can be, not to mention inconvenient. You go out for dinner with friends and choose to have a light meal, yet you feel like your chest is on fire once you get home. Eating at home can help you reduce your chances of triggering your GERD because you can control what's in your food. However, you may not really know what foods will trigger your condition, and you may be even less familiar with how to cook appropriately to reduce GERD. If this sounds like you, fear not! This book is here to help you. We have compiled a generous list of 30 acid-busting super healthy recipes, made with wholesome and fresh ingredients. Try these yummy ideas and your esophagus will definitely thank you!

This book contains 30 recipes.

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