

[PDF] Dropping Acid: The Reflux Diet Cookbook & Cure

Jamie Koufman, Jordan Stern, Marc Michel Bauer - pdf download free book



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Description:

Dropping Acid: The Reflux Diet Cookbook & Cure is the first book to offer a nontraditional diet to help cure reflux, as well as the best and worst foods for a reflux sufferer. Using her extensive research, Dr. Koufman defines this shockingly common disease and explains why a change in diet can alleviate some of the most common symptoms. Her recipes use tasty fats as flavorings, not just as main ingredients and include a variety of dishes that prove living with reflux doesn't mean living

without delicious food.

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