



How to Stop Heartburn: Simple Ways to Heal Heartburn and Acid Reflux

Anil Minocha, Christine Adamec

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Relief at Last for the Millions of Chronic Heartburn Sufferers

Written by an internationally recognized expert on digestive diseases, this much-needed book brings relief to the tens of millions who suffer from the pain of severe heartburn almost daily. If you find yourself dependent on antacids, losing sleep, missing work, or canceling plans because of heartburn discomfort, you may be among those who struggle with gastroesophageal reflux disorder, or GERD. The good news is that your condition is treatable---especially in its early stages. Drawing from his extensive experience diagnosing and treating patients, as well as the latest research from around the globe, Dr. Anil Minocha explains the causes of heartburn---and the potentially serious consequences of leaving it untreated. In addition to providing an overview of the problem, Dr. Minocha offers invaluable information on:

- * The latest treatment options—from nutrition and simple lifestyle changes to drugs, surgery, and alternative remedies
- * How your diet and weight may be affecting your GERD
- * The relationship between stress and heartburn
- * Dealing with GERD during pregnancy, and in infants, children, and the elderly

""An in-depth analysis of how to heal heartburn and acid reflux, a problem that afflicts humans across the lifespan, from infancy to old age. . . . A valuable home reference.""-Elizabeth D. Tate, F.N.P., M.N., coauthor of *Unforgettable Faces: Through the Eyes of a Nurse Practitioner*

""Priceless and practical. . . . Easy to read. . . . A must-buy book for all heartburn sufferers.""-Joel E. Richter, M.D., F.A.C.P., F.A.C.G., Chairman, Department of Gastroenterology, The Cleveland Clinic Foundation



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Glenn Flinchum:

As people who live in the actual modest era should be change about what going on or information even knowledge to make these individuals keep up with the era that is certainly always change and make progress. Some of you maybe can update themselves by reading through books. It is a good choice for you personally but the problems coming to an individual is you don't know which one you should start with. This How to Stop Heartburn: Simple Ways to Heal Heartburn and Acid Reflux is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

Katherin Buerger:

Reading a book to get new life style in this year; every people loves to go through a book. When you read a book you can get a large amount of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your review, you can read education books, but if you want to entertain yourself read a fiction books, these kinds of us novel, comics, along with soon. The How to Stop Heartburn: Simple Ways to Heal Heartburn and Acid Reflux will give you new experience in studying a book.

David Lau:

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