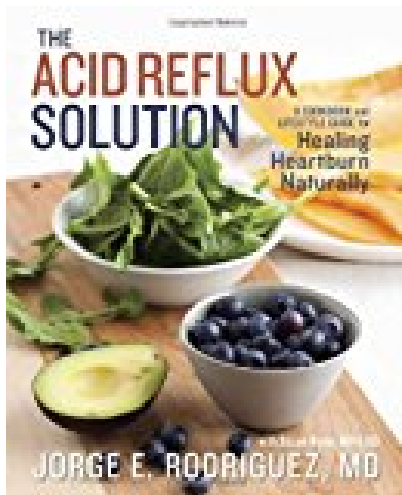


# The Acid Reflux Solution A Cookbook and Lifestyle Guide for Healing Heartburn Naturally

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## BOOK DETAILS

- Author : Jorge E. Rodriguez
- Pages : 224 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 1607742276

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## BOOK SYNOPSIS

Outlines specific lifestyle recommendations and dietary guidelines for heartburn sufferers, providing 100 gourmet recipes designed to minimize dependence on medication, alleviate the symptoms of acid reflux naturally and promote weight loss. Original.

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