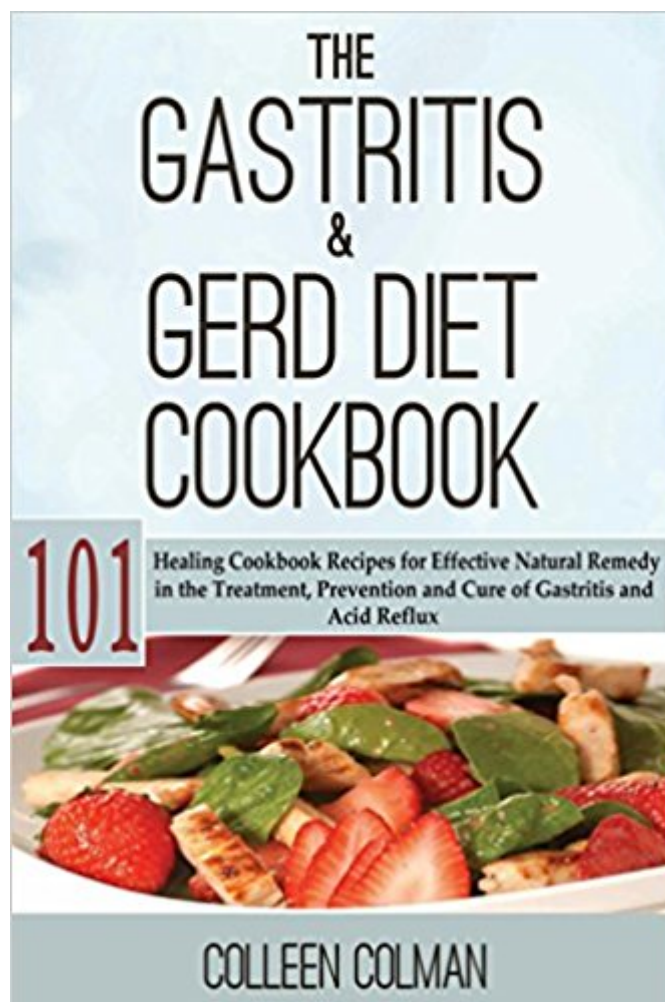


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# The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes For Effective Natural Remedy In The Treatment, Prevention And Cure Of Gastritis And Acid Reflux





## Synopsis

The Gastritis Cookbook for effective and healing gastritis recipes to help you yourself naturally! Dropping acid and putting out that fire just got easier... Strong medical and scientific evidence suggests that simple changes and additions to your diet can reduce the risk or delay the onset of gastritis, acid reflux and other forms of inflammation in the body. This new gastritis & acid reflux diet cookbook guide features 101 recipes that were specially designed to reduce inflammation of the lining of the stomach and esophagus and treat, prevent or cure gastritis and acid reflux. This cookbook is ideally suitable for people who are looking for: â€¢ Healthy gastritis diet recipes â€¢ Acid reflux diet recipes â€¢ A beginner's friendly gastritis cookbook â€¢ Natural treatment and relief from gastritis and GERD symptoms â€¢ Anti-inflammatory recipes â€¢ Bland diet recipes â€¢ Healthy low-fat recipes â€¢ Persons suffering from heartburn The Gastritis & GERD Diet Cookbook is a book of healthy gastritis and acid reflux diet recipes that can help to naturally prevent both disordersâ€”from breakfast to dessertsâ€”it is a practical resource for achieving optimum stomach and esophagus health. You may also shed some unwanted fat, diminish your chances of developing other inflammatory illnesses like cancer, heart disease and diabetes and even experience overall good health.

## Book Information

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## Customer Reviews

I really love this book. Just reading the information in the beginning of this book made me feel so much better. Great info on gastritis. Cant wait to try these recipes. You can tell the author really cares about how you are feeling and sincerely wants you to feel better.

Unfortunately this turned out to be a great disappointment to me personally. It could be my own fault, maybe I already knew a lot more than I thought. I had done some research on the subject. Therefore this collection of very basic recipes didn't offer me anything new and exciting as I had hoped. It is a clearly written and easy to follow guide to a stomach friendly diet, a good start for someone unfamiliar with these dietary restrictions.

If you're suffering from any stomach ailments this is a great book. Lots of great, quick recipes. I'm always working so I'm able to throw things together fairly quickly. The only thing I would pay attention to in this book is the use of spices, dairy, and berries. But this book helped me understand so many things in preparing and cooking good food.

i bought this book because I suffer from (GERD) and gastritis. The information is useful but the majority of recipes, are not something I like and, I'm sure I could have found this information online.

Be careful of this book just 'cause it's in print does not make it true. You be the only judge of what works not even your doctor knows.

Helpful. Seems like some good recipes to try.

Followed to the letter for 3 weeks and felt like it was a miracle healing. Highly recommend to anyone suffering these symptoms.

recipes are very easy to follow and we've tried some new foods for us. No reflux from any of the food we've tried.

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