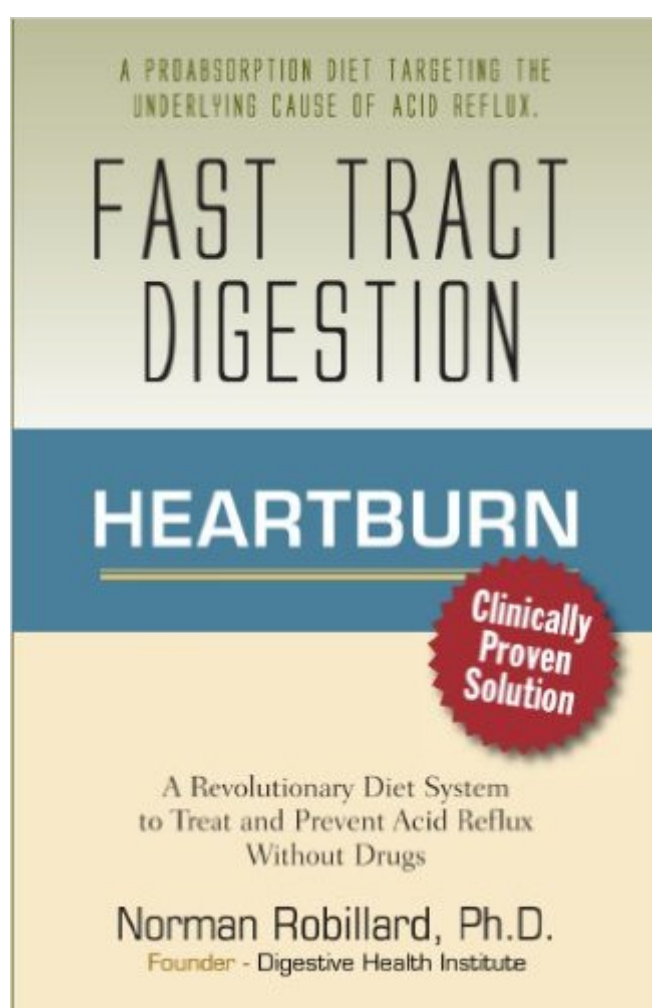


The book was found

Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth About The Cause Of Acid Reflux Explained (Clinically Proven Solution)



Synopsis

The Secret of Getting Rid of Acid and Non-Acid Reflux without Proton-Pump Inhibitors and / or H2 Blockers. The best book to treat and prevent heartburn, acid reflux, GERD and LPR naturally. Are you suffering from severe burning sensation behind the breastbone, abdominal pain, chronic cough, a sour taste in your mouth, sore throat, hoarseness, laryngitis and / or sinus irritation? Are you frustrated by putting so much time, energy and money into different diets, supplements and so-called miracle cures, but they did not give you adequate relief? Perhaps, you would like to get off PPIs and H2 blockers, but you are not sure how to safely do that? Fast Tract Digestion Heartburn gives you a clinically tested, simple and effective dietary solution for restoring and maintaining your healthy digestion. The Fast Tract Diet was created based on solid scientific evidence backed by extensive research and the latest developments in medical science. The golden key behind the Fast Tract Diet is a proprietary formula called Fermentation Potential (FP) developed by a microbiologist, Norman Robillard, Ph.D., Founder of Digestive Health Institute. FP is a point system, so you are empowered to make your own food choices based on the guidelines and food tables in the book. Find out:- Why fats, coffee and alcohol are not the culprits- What your gut microbiota has to do with heartburn, acid reflux, GERD & LPR- What is REALLY causing acid reflux (Surprising Truth)- How to safely eliminate acid and non-acid reflux without PPIs, H2 blockers and / or antacids- What 5 food types you should limit to become symptom free- How to identify and address other contributing factors to GERD. The Fast Tract Diet was presented at Digestive Disease Week (DDW) in 2013 to provide a safe treatment option to gastroenterologists. What people are saying about the Fast Tract Digestion Heartburn: "I weaned myself off proton pump inhibitors, and have avoided surgery completely. My quality of life is soooo much better. My gastroenterologists and surgeons are speechless... His diet works. Period. Don't give up on it. Stick it out, and you will see the results... I have never written a review on before, and am not being paid to say this. I feel so strongly about this book, that I had to let the world know." --- Joey "I had been on PPI medication for over 10 years and tried from time to time to get off of them... I found this book, followed its advice and was so pleasantly surprised at how well it works. Haven't taken a PPI in a month... I'd recommend this book to anyone who has GERD, takes medication for it and wants to get off of PPI's." --- DJ "Finally, after many years no more heartburn; Also no more bloating. I can't believe it. Why can't the gastroenterologists leave the pills alone." --- Henry T Ulrich For additional help:- Join the Digestive Health Institute forum- Try the free online FP Calculator on the Digestive Health Institute website- Sign up for phone or Skype consultation through the website Click the button on the top right of this page and start healing your gut right now.

Book Information

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Customer Reviews

I became a low-fat vegan several years back, which, depending upon one's food choices, can be a diet quite high in fiber. I understand now I was eating excessive fiber, and eating it late at night as well. Not surprisingly (I understand this after reading this book), I developed a severe case of GERD and reflux laryngitis, often being without a voice for days at a time. My doc prescribed Prevacid for 2 months which helped, but this did not address the core cause. When I stopped the meds, the laryngitis returned, and I was unable to talk for several weeks. Wanting to address the underlying cause of my GERD & laryngitis (as opposed to just treating symptoms), I bought this book, thinking I had nothing to lose to try the diet for a few days. Within 48 hours of eating only low-FP (vegan in my case) foods, I had my voice back, and the GERD was almost immediately improved. That was 1-1/2 years ago, and though I don't limit myself now to only low FP foods, I do avoid high FP foods, and rarely if ever have a reoccurrence of GERD or voice problems. I'll admit it's a bit more challenging to do this as a vegan, but I believe it's a small price to pay not to have to take PPI's the rest of my life. What helped me was to make a list from Appendix C of "safe (low-FP)" vegan foods, and also a list of foods I could have occasionally.

I found this book interesting but frustrating because the menu plans and recipes are vague, inconsistent and a bit peculiar. Many of the daily menus seem nothing like a day's meals to me, starting with the 1st day: breakfast of a smoothie that's half yogurt and half cream, then lunch, which is 3/4 lb of chicken wings. Just weird (but maybe that's my narrow perspective - never been a chicken wing fan). When we get to dinner: here's where things get a bit off. It's definitely a normal

meal, but it calls for a 10 lb. turkey (not sure I've ever seen such an item for sale, they're all way bigger - and yes, you can use a chicken but then will the carcass be enough for the soup that shows up later on?) and "1 butternut squash": these vary widely in size, and most are 1 1/2 to 2 lbs. If you split one butternut squash of average size into 4 servings, this meal is quite likely to have more than 12 FP based on the FP tables in Appendix C, which assumes a 2.8 ounce servings of squash (hoping that's cooked - doesn't say). And does 1 lb of green beans really lose 25% of its weight in cooking? That might be true, but since the author stresses the importance of following the meal plans EXACTLY, he should be more precise in stating them. The menu and recipes should specify a 2.8 oz serving of each ingredient other than those with FP of 0, if that's what's needed to achieve the desired results. Lack of precision also applies to the snack: "Sweetened nut mix" is shown one day one as part of a recipe that makes 8 3 ounce servings, with 14 FP per serving. That means the whole recipe contains 112 FP. However, the recipe says it makes 12 servings with 12 FP per serving.

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