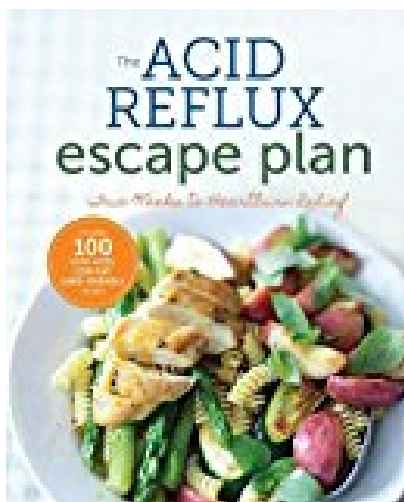


# The Acid Reflux Escape Plan Two Weeks to Heartburn Relief

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## BOOK DETAILS

- Author : Karen Frazier
- Pages : 250 Pages
- Publisher : Sonoma Press
- Language : English
- ISBN : 1942411154

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## BOOK SYNOPSIS

Break free from painful heartburn with The Acid Reflux Escape Plan, a practical 2-week meal plan that empowers you to control your symptoms with smart dietary choices. Unlike other acid reflux cookbooks, The Acid Reflux Escape Plan includes detailed shopping lists and over 100 low-acid, low-fat, fructan-free recipes that cut out aggravating triggers without sacrificing flavor or taste. In addition, extensive food lists and easy-to-understand explanations ensure you're armed with the latest information to fend off acid reflux attacks. With The Acid Reflux Escape Plan, you're on the road to better health and a pleasurable, symptom-free lifestyle.

### **THE ACID REFLUX ESCAPE PLAN TWO WEEKS TO HEARTBURN RELIEF -**

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