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Autore	Aviv Jonathan E. <1960->
Titolo	The Acid Watcher Diet : A 28-Day Reflux Prevention and Healing Program // Jonathan Aviv
Pubbl/distr/stampa	New York, NY : , : Harmony Books, , [2017] ©2017
ISBN	1-101-90559-X
Edizione	[First edition.]
Descrizione fisica	1 online resource (259 pages)
Classificazione	MED060000HEA039000
Disciplina	616.324
Soggetti	Gastroesophageal reflux
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	"Do you suffer from abdominal bloating; a chronic, nagging cough or sore throat; post-nasal drip; a feeling of a lump in the back of your throat; allergies; or a shortness of breath? If so, odds are that you are experiencing acid reflux without recognizing the silent symptoms. Even without the presence of heartburn or indigestion, more than 60 million people are suffering from acid-related disorders that are undetected or untreated--and leading to long-term health problems, including the rapid rise of esophageal cancer. Since there are no outward signs of acid damage and the typical symptoms might not be recognized, until now you might not have known how pervasive acid reflux is or that you have it. In The Acid Watcher Diet, Dr. Jonathan Aviv, one of the leading authorities on the diagnosis and treatment of acid reflux disease, helps readers identify those silent symptoms and provides his proven solution for reducing whole-body acid damage quickly and easily. His 28-day program includes a two-phase eating plan, menu guide, and recipes and works to immediately neutralize acid, stabilize pH levels, and relieve the inflammation at the root of acid reflux. Dr. Aviv's Power of Five rule will help readers discover the key foods that offer fast relief, and his Daily Six will reveal the foods to avoid (onion, tomato, citrus, and more). The Acid Watcher Diet's groundbreaking program is just what millions of readers need to reduce acid and balance their

bodies and minds for optimal health"--

"A groundbreaking program by one of the nation's leading experts on acid reflux to help the millions of diagnosed and undiagnosed sufferers identify the silent, potentially deadly symptoms and provide them with a proven 28-day eating plan to stop acid damage in its tracks"--
