

# Heartburn Cured

Heartburn Cured Healing Heartburn Naturally The Essential Guide to Curing GERD and Heartburn Norman Robillard, Ph.D. Tieraona Low Dog D. S. Spade

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did you know that you can stop acid reflux immediately and permanently without using any drugs what if someone told you that fats coffee alcohol spices and even smoking are not triggers for acid reflux and it had all been a big mistake what if someone suggested that carbohydrates might be responsible for the huge increase in the rate of esophageal cancer what if someone told you that gerd was not really a disease so much as our bodies way of coping with a diet we did not evolve with heartburn cured makes a strong argument that the consumption of excess carbohydrates is the root cause and real trigger for acid reflux and the resulting complications like barrett s and esophageal cancer have you ever wondered why most trigger foods are associated with carbs sugar in coffee sweet mixes in mixed drinks pizza crust with tomato sauce topping this breakthrough diet book is written by a microbiologist who suffered from chronic heartburn for 20 years before getting fed up with uninformed gi medical doctors prescribing drugs that either did not work or were associated with serious side effects and health problems in heartburn cured the author explains the role of intestinal microorganisms in digestion and provides clear and easy to understand evidence that excess carbohydrates are converted to gas by gut microbes and the gas produced drives acid reflux and likely ibs symptoms as well heartburn cured delivers a death blow to heartburn and gerd by harnessing the glycemic index tailoring controlled carbohydrate dieting to freeing people from gerd and heartburn as well as the ppis h2 blockers and even antacids

finally the cure for gerd this book is a must have for everyone that suffer from gerd and heartburn the book demonstrates a new strategy for treatment of gerd that is effective even for the worst cases of the disease this strategy is based on entirely novel understanding of the cause of gerd and heartburn and specifically the role of the angle of his and bad posture in development of the disease following a simple exercise program leads to cure of gerd by correcting the angle of his and eliminates the need of antacids or any other gerd medicine this a color edition of the book a black and white version of the book is also available at lower cost

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