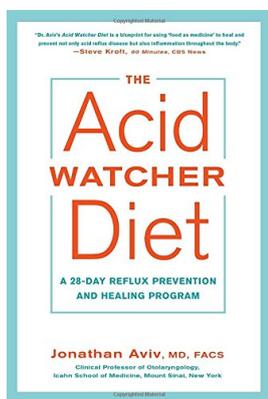


# [PDF] The Acid Watcher Diet: A 28-Day Reflux Prevention And Healing Program

Jonathan Aviv MD FACS - pdf download free book

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#### Books Details:

Title: The Acid Watcher Diet: A 28-D

Author: Jonathan Aviv MD FACS

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#### Description:

Do you suffer from abdominal bloating; a chronic, nagging cough or sore throat; postnasal drip; a feeling of a lump in the back of your throat; allergies; or shortness of breath? If so, odds are that you are experiencing acid reflux without recognizing its silent symptoms, which can lead to serious long-term health problems, including esophageal cancer.

In *The Acid Watcher Diet*, Dr. Jonathan Aviv, a leading authority on the diagnosis and treatment of acid reflux disease, helps readers identify those often misunderstood symptoms while providing a proven solution for reducing whole-body acid damage quickly and easily. His 28-day program is part of a two-phase eating plan, with a healthy balance of both macronutrients (proteins, carbs, and fats) and micronutrients (vitamins, minerals, antioxidants), that works to immediately neutralize acid and relieve the inflammation at the root of acid reflux. Dr. Aviv guides readers through healthy dietary choices with targeted recipes, helping them balance their bodies and minds for optimal health and break acid-generating habits for good.

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