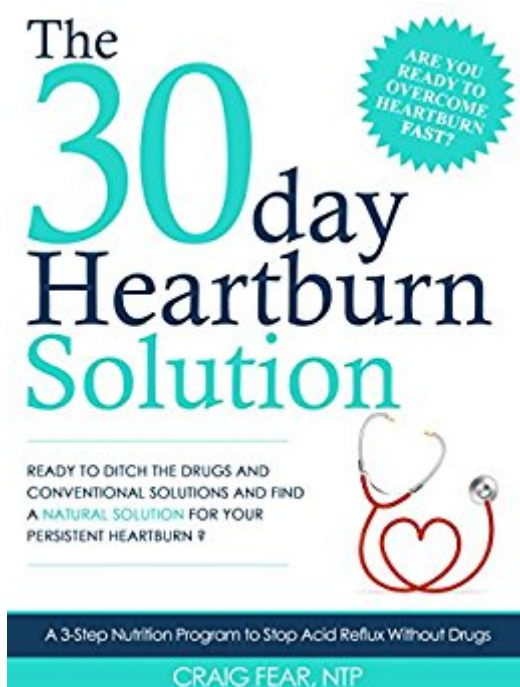


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# The 30 Day Heartburn Solution: A 3-Step Nutrition Program To Stop Acid Reflux Without Drugs



## Synopsis

Are You Ready to Overcome Heartburn FAST? Nexium, Zantac, Roloids, Tumsâ |have you tried all the drugs only to be on higher and higher doses and still experiencing heartburn? Have you heard the common nutrition adviceâ ”eat less fat, stop overeating, eliminate triggers (like delicious chocolate and wine)â ”and heeded it, only to be let down by your results? Maybe your symptoms, in fact, are getting worse. And this is exactly the problem with conventional treatments. They can free you of acid refluxing into your esophagus, but they often do so at the expense of your long-term health. They fix one problem but in the process cause a multitude of other ones for which more drugs are often prescribed.Heartburn-Free Without the DrugsYou may be ready to ditch the drugs and conventional solutions and find a natural solution for your persistent heartburnâ |but whatâ™s the answer? How about a 30 day plan that will eliminate heartburn and do a lot to reduce other complaints, like bloating, inflammation, fatigue, weight gain, nausea, constipation, gallbladder problems, and irritable bowel syndrome (IBS), to name a few? And unlike acid-blocking drugs, this plan is designed to make you healthy, not just take away your symptoms.Welcome to Your Pain-Free LifeAuthor Craig Fear, a Nutritional Therapy Practitioner and owner of Pioneer Valley Nutritional Therapy in Northampton, Massachusetts, offers a solution here in The 30 Day Heartburn Solution that will have your digestion running smoothly in no timeâ ”pain-free. And no more drugs! This 30 day plan uses real food to heal your body. Learn the simplest meal planning method ever for having delicious meals all week long. No more getting overwhelmed by the 21 different things you need to make that week, like youâ™ll find with other meal plans. Most see reduced symptoms in as little as a few days or weeks. Youâ™ve got nothing to lose except your heartburn!Available on Kindle and paperback.

## Book Information

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## **Customer Reviews**

My wife has been having heartburn issues for a while. This book gave us lots of ideas of how to help her get less heartburn. Recommend it!

Good resource, nice to have links to sources he cited and to local resources for organic options.  
Good recipes and meal ideas at the end.

Read this first as a Kindle book, but liked it so well that I wanted it as a reference book on the shelf.  
It's a comprehensive look at the problem with really good solutions.

I started following what the book says to do, and it's only been 3 days and I can tell a big difference with my GERD! I'm going to stick with it for 30 days, like he recommends. Not easy to do but worth not having acid reflux anymore.

If you are relying on pharmaceutical solutions for GERD relief, give this book a try. For me, it worked - kombucha and raw apple cider vinegar completely erased the need for any medication within about 2 weeks. The information seems reasonable and well-researched.

Damn helpful!

This book has many sound and good suggestions for eating well and hopefully ridding oneself of heartburn. I am still in the process, working hard to make timeout. Fingers crossed, jury still out.

I love this book and reviewed it on my web site Heal Your Gut With Food (dot com). Here it is: What is one of the most over-used and prescribed drugs in America? You might immediately think of antibiotics. Those are definitely over-prescribed. However, the medications Craig Fear, NTP (Nutritional Therapy Practitioner) refers to in his new book, The 30-Day Heartburn Solution are anti-acid medications such as TUMS, Roloids, and prescription medications including Prilosec and Zantac for heartburn and acid reflux. One of the most pervasive health myths is that the cause of heartburn is too much acid produced in the stomach. In this book, you'll read why this is an idea whose time has come and gone. You may also be surprised to learn that contrary to popular belief, there is a connection between continued use of heartburn medications and nutritional deficiencies, bone loss, and further digestive problems. I like the assertion that the symptom of heartburn after eating a meal is an example of cause and effect. Remove the cause of the heartburn, and you will have a solution! In this case, Craig emphasizes the nutritional value of our diets in resolving heartburn and acid reflux. In some cases, other holistic interventions may be warranted. But the good news is, in many instances, dietary changes are all it takes! If you are one of the many people who have taken drugs or over-the-counter medications for chronic heartburn or acid reflux, I really think you could benefit from reading this book! You'll learn about the science and connection between not only processed foods and heartburn or acid-reflux, but also the missing components of important nutrients that are largely missing from our modern diets. Vitamin A deficiency, for example, is linked to gut disease. Dr. Natasha Campbell McBride, a neurosurgeon who has conducted a great deal of research in this area on the relationship between gut and brain health, has written about this in her book Gut and Psychology Syndrome, and various papers and other literature. Craig provides a 3-Step Plan which involves dietary changes. These changes may not be what you expect as the conventional dietary change approach is quite different and might recommend stress reduction, eating low-fat foods, and eating less. You'll also read in a subsequent chapter not just how to resolve heartburn, but why this book is a foundation is a means for optimizing overall health. In my opinion, any recommendation for solving a specific health problem ought to also include how the rest of the body is affected. I am in complete agreement with Craig that unlike the conventional view, maintaining optimal health requires a holistic approach rather than symptom management. So, I give a round of applause to the author for making this critical point very clear in this book. Finally, Craig provides meal plan ideas, recipes, and a few important foods or supplements that will help you achieve not only a resolution for digestive issues such as heartburn and acid reflux, but a solid foundation for overall wellness. Another extremely important fact you'll uncover is that most restaurants and other businesses selling food do

not offer real food to support optimal health. The reader is not only encouraged to become more comfortable with cooking at home and meal preparation, but is provided with simple tools and solutions to get the job done. I believe you will come away with a better understanding as to why eating out, ordering take out, and preparing frozen meals are not ideal means to achieving health after reading this book.

Elements of the 30-Day Heartburn Solution: Five basic, adaptable tips for meal planning  
Why fermented foods including sauerkraut, pickles and kimchi are essential foods to eliminate reflux, and recipes  
Why fermented beverages like kombucha, beet kvass, and ginger ale are other excellent tools to resolve digestive issues and recipes  
How to prepare bases including beef, chicken, and fish stock, and why these healing foods provide important nutrition to resolve digestive or gut issues that contribute to heartburn and other problems  
Recipes for delicious main courses such as seafood curry, beef stew, salad dressings, grain-free breads,  
Grain-free breakfasts  
Soups and smoothies  
Lunch and dinner ideas  
Healthy snacks  
Grain-free menu plans  
Additional resources for when you feel stuck and in a rut with meals

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Type 2 Diabetes Without Drugs RefluxMD's Recipe for Relief: A GERD Friendly Meal Plan and Diet Program for Acid Reflux PRILLOSEC (Omeprazole): Treats Heartburn, Stomach Ulcers, Gastroesophageal Reflux Disease (GERD), and helps heal a Damaged Esophagus Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet

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