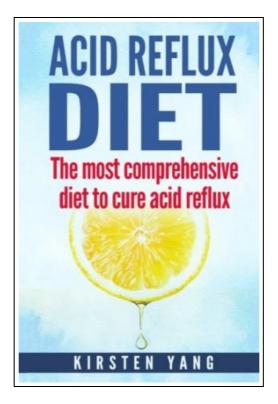
Acid Reflux Diet: The Most Comprehensive Diet to Cure Acid Reflux (Acid Reflux Treatment) (Paperback)



Filesize: 4.03 MB

Reviews

Great electronic book and useful one. It can be writter in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Kian Harber)

ACID REFLUX DIET: THE MOST COMPREHENSIVE DIET TO CURE ACID REFLUX (ACID REFLUX TREATMENT) (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******.ACID REFLUX DIET **Are you looking for the ultimate cookbook?** Do you wanna stop the reflux and feel free to talk with people!? You are going to discover how I succeeded with this energising and healing food No medicines that will increase your acidity level No expensive solutions No diet that will increase your appetite and give you worse heartburn I am Kirsten and I had acid reflux until I was 27 and I really wanted to spend my time with friends, colleagues and more than that, with my partner. I always woke up with a strong heartburn and tremendous reflux, like I could not catch my breath When I laid down, I started feeling a burning pain around my lower chest and suddenly my mouth got such a bad smell. I was avoiding all social interaction as much as I could I almost never went out with my friends and colleagues, not even for a beer. I was really afraid of this, all the time. I was afraid to be the only one could not talk normally with people I was afraid I could not have a normal relationship and stay close to my partner I was feeling really vulnerable and more than that, I was scared someone could notice. I went through all of this.I made hundreds of mistakes trying to fix it, until I decided to change my eating habits and using a specific diet that changed everything. I did it in 17 days and now. I wake up feeling refreshed and energetic No more heartburn after eating or in the morning I can approach my partner without fear of destroying nice moments between us I stopped being afraid...

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