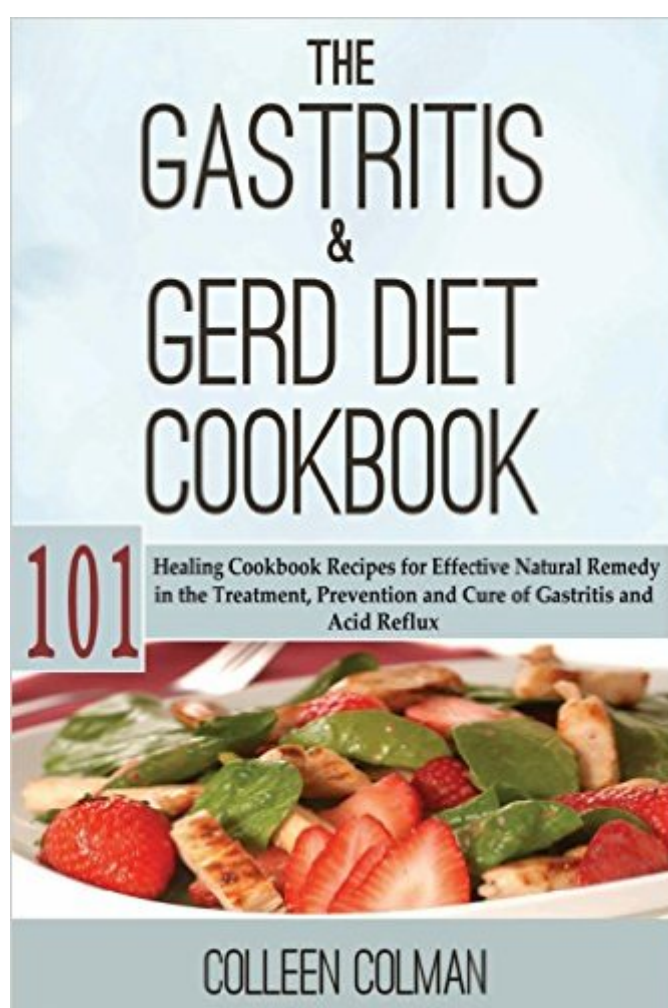


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# The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes For Effective Natural Remedy In The Treatment, Prevention And Cure Of Gastritis And Acid Reflux



## Synopsis

The Gastritis Cookbook for effective and healing gastritis recipes to help you yourself naturally! Dropping acid and putting out that fire just got easier... Strong medical and scientific evidence suggests that simple changes and additions to your diet can reduce the risk or delay the onset of gastritis, acid reflux and other forms of inflammation in the body. This new gastritis & acid reflux diet cookbook guide features 101 recipes that were specially designed to reduce inflammation of the lining of the stomach and esophagus and treat, prevent or cure gastritis and acid reflux. This cookbook is ideally suitable for people who are looking for: • Healthy gastritis diet recipes • Acid reflux diet recipes • A beginner's friendly gastritis cookbook • Natural treatment and relief from gastritis and GERD symptoms • Anti-inflammatory recipes • Bland diet recipes • Healthy low-fat recipes • Persons suffering from heartburn The Gastritis & GERD Diet Cookbook is a book of healthy gastritis and acid reflux diet recipes that can help to naturally prevent both disorders "from breakfast to desserts" it is a practical resource for achieving optimum stomach and esophagus health. You may also shed some unwanted fat, diminish your chances of developing other inflammatory illnesses like cancer, heart disease and diabetes and even experience overall good health.

## Book Information

Paperback: 158 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (June 7, 2014)

Language: English

ISBN-10: 1500124621

ISBN-13: 978-1500124625

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars • See all reviews (69 customer reviews)

Best Sellers Rank: #29,134 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #561 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Too often GERD menus seem bland and not even worth eating. I usually give up and go back to eating regular food because the bland diet plan seems horrid. I am a picky eater, add picky eater to bland diet and I do the worst thing; I go without food because the food I think I am allowed to eat

sounds worse than being hungry. This book has recipes that are bland but not flavorless! There are ingredients I never thought of adding before. I am going to try the recipes but I can already tell I will eat most of them. That is gets it five stars right there. The book is simply written, not hard to understand and the recipes are easy to prepare. There are suggestions here that include salads, breakfasts, lunches and dinners. I think what impressed me the most was Colleen Colman mentions B-12 deficiencies and the fact that GERD and gastritis can cause it. This is something I did not realize for nearly thirty years, and the doctors did not notice nor mention it. I was getting more and more tired. Finally, one of them checked my blood work and told me they wanted to try me on a few shots because my levels were on the lowest end of normal. It worked. I am a new person and have energy once we figured out the issue. This is a good book to have in your library if you have GERD or gastritis, either as a newly diagnosed person or a long term sufferer.

Very happy with the book, I have been on the new diet for 4 weeks now and feel amazing. I have reduced my acid blocking medication without any problems. First time I have been pain free for 2 years. Sleeping better and losing weight.

This book has explained so many things about GERD & Gastritis that I have not known about. My oldest son is Mentally Challenged, non verbal male and suffers terribly with these ailments. I have tried a few of the suggestions and tried couple recipe's. So far, so delicious. Thank You for your help with this horrible disease.

I got tired of all this drugs and medicines everyone throws at us when we feel the first symptoms of sickness. I really believe that we can heal ourselves naturally just by paying attention to what and how we eat or just changing our habits. This book was the definitive proof of this. After following its recipes and actionable steps, I improved my overall health and the annoying gastritis problems I had. Information is out there, it's here! you just need to know where to look and take action on it! highly recommended reading!

What a tremendously helpful recipe book! I've been using these recipes for almost a month now and I am so thankful for the impressive results it's had on my acid reflux. I was worried because I'm not a good cook, but the beginner recipes the author included were perfect for teaching how to make what's best for me. Now on to her bigger recipes and on to greater health!

This is a very well written self-published book. I was unable to find any medical credentials for the author even in the book (no introductory foreword or "about the author" section) so I'm working on the assumption that she is a fellow GERD sufferer who wanted to share what worked for her. The recipes look good except for a few recipes that contain acidic ingredients like pineapple and vinegar that would be a problem for those following a low acid diet. I made the Turkey Stew last night with the addition of some typical stew veggies (potatoes, carrot, and green peas), and the stew was very tasty. The cumin and coriander spices in the dish weren't a problem for me at all, just tasty. I think this cookbook is as useful as a good patient-written blog, and I think the medical advice that is given in the book should be taken in the same way, with a grain of salt and an eye for anything that contradicts what you've read in other books or sources. Otherwise, I consider this book a good purchase, and I plan to fix more of the recipes.

This is an amazing book for Gastritis and Gerd Diet. I bought it for me and I am feeling so good. There are many useful recipes in this book where you will get cured of Gastritis and Acid. I believe that everyone should use this cookbook if you want a cure for Gastritis and Acid problem. Thanks

I really love this book. Just reading the information in the beginning of this book made me feel so much better. Great info on gastritis. Cant wait to try these recipes. You can tell the author really cares about how you are feeling and sincerely wants you to feel better.

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