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If I Have Acid Reflux: Nutrition You Can Live with (Tell Me What to Eat)

Elaine Magee

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Heartburn isn't just a minor inconvenience--it is very painful and can inhibit your sleep, affect your work, and make you feel miserable. Of course, if you are one of the 60 million Americans who get heartburn at least once a month, you already know this.

Heartburn happens when the lining of the esophagus comes in contact with too much stomach juice, which can produce a burning pain and injure the esophagus. There is a valve that connects the end of the esophagus with the stomach, which normally functions to keep the stomach acid where it belongs--in the stomach. But in people with frequent heartburn, this valve relaxes too frequently, allowing the stomach acid to splash up into the esophagus.

Tell Me What to Eat If I Have Acid Reflux begins with an overview of acid reflux. Readers get a detailed yet completely understandable explanation of how and why this condition begins--an explanation that is based on the latest medical information. The majority of the book is dedicated to all the ways that diet and lifestyle can bring relief and decrease heartburn, including an entire section with specific tips and recipes to help you during the worst times of the year for heartburn sufferers--the holiday season.

Tell Me What to Eat If I Have Acid Reflux offers dozens of healthful, practical, tasty recipe options for foods you never thought you could enjoy again, plus heartburn-savvy tips on navigating the supermarket, cooking in your kitchen, and eating out.

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