



The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief

By Karen Frazier

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The Most Painless Approach to Adopting a GERD-Friendly Diet

Break free from painful heartburn with *The Acid Reflux Escape Plan*, a practical 2-week meal plan that empowers you to control your symptoms with smart dietary choices. Unlike other acid reflux cookbooks, *The Acid Reflux Escape Plan* includes detailed shopping lists and over 100 low-acid, low-fat, GERD-friendly recipes that cut out aggravating triggers without sacrificing flavor or taste.

- Detailed food lists and easy-to-understand explanations arm you against acid reflux attacks
- 100 delicious low-acid, low-fat, low-irritant recipes won't trigger or exacerbate symptoms
- A step-by-step meal plan with shopping lists eases your transition to a GERD-friendly lifestyle
- A "Personal Triggers" guide helps you customize your diet to your body's unique needs

With *The Acid Reflux Escape Plan*, you're on the road to better health and a happier, symptom-free lifestyle.

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The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief By Karen Frazier Bibliography

- Sales Rank: #15268 in Books
- Brand: Sonoma Press
- Published on: 2015-08-10
- Released on: 2015-08-10
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .67" w x 7.52" l, 1.28 pounds
- Binding: Paperback
- 250 pages

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Editorial Review

About the Author

KAREN FRAZIER is a Seattle-based writer and nutrition and fitness expert who specializes in cookbooks for restrictive diets. Before being diagnosed with celiac disease and an acute dairy allergy, Karen suffered from severe gastrointestinal symptoms, chronic GERD, malnutrition, and anemia for nearly two decades. It wasn't until she changed her diet that she finally found relief from her symptoms and improved her health. Karen is the author of several cookbooks, including *The Hashimoto's Cookbook and Action Plan* and *The Gastroparesis Cookbook*.

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