



The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes for Effective Natural Remedy in the Treatment, Prevention and Cure of Gastritis and Acid Reflux

Colleen Colman

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Get the #1 gastritis recipes that works and heal yourself naturally!

Dropping acid 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.

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Ilene Cody:

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