



How to Stop Heartburn: Simple Ways to Heal Heartburn and Acid Reflux

Anil Minocha, Christine Adamec

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Relief at Last for the Millions of Chronic Heartburn Sufferers

Written by an internationally recognized expert on digestive diseases, this much-needed book brings relief to the tens of millions who suffer from the pain of severe heartburn almost daily. If you find yourself dependent on antacids, losing sleep, missing work, or canceling plans because of heartburn discomfort, you may be among those who struggle with gastroesophageal reflux disorder, or GERD. The good news is that your condition is treatable----especially in its early stages. Drawing from his extensive experience diagnosing and treating patients, as well as the latest research from around the globe, Dr. Anil Minocha explains the causes of heartburn----and the potentially serious consequences of leaving it untreated. In addition to providing an overview of the problem, Dr. Minocha offers invaluable information on:

- * The latest treatment options-from nutrition and simple lifestyle changes to drugs, surgery, and alternative remedies
- * How your diet and weight may be affecting your GERD
- * The relationship between stress and heartburn
- * Dealing with GERD during pregnancy, and in infants, children, and the elderly

"An in-depth analysis of how to heal heartburn and acid reflux, a problem that afflicts humans across the lifespan, from infancy to old age. . . . A valuable home reference."-Elizabeth D. Tate, F.N.P., M.N., coauthor of *Unforgettable Faces: Through the Eyes of a Nurse Practitioner*

"Priceless and practical. . . . Easy to read. . . . A must-buy book for all heartburn sufferers."-Joel E. Richter, M.D., F.A.C.P., F.A.C.G., Chairman, Department of Gastroenterology, The Cleveland Clinic Foundation

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John Johnson:

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