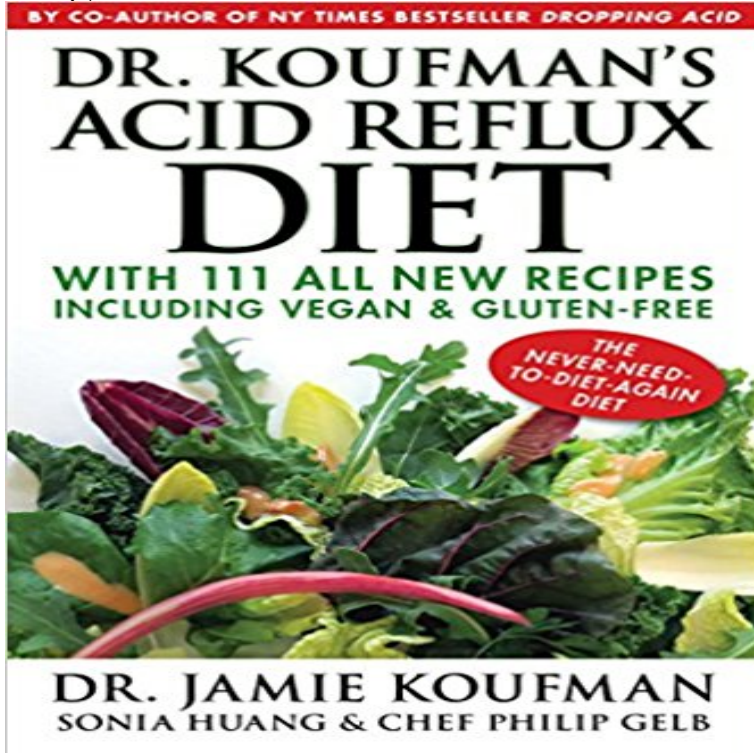


Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet

Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet



Dr. Koufman's™ Acid Reflux Diet is the latest book from Jamie Koufman, M.D., author of the New York Times bestselling Dropping Acid: The Reflux Diet Cookbook & Cure. Dr. Koufman's™ Acid Reflux Diet is the latest book from a New York Times bestselling author, Dr. Jamie Koufman, M.D. It is a companion book to Dropping Acid: The Reflux Diet Cookbook & Cure, which first introduced attainable strategies for restoring respiratory and digestive health through a scientifically-based nutritional program. Dr. Koufman's™ Acid Reflux Diet extends those lessons for a lifetime emphasizing a lean, clean, green, and alkaline eating. The book also highlights how to recognize your reflux trigger foods, how to get off reflux medication, and how to lose weight the right way and keep it off. Dr. Koufman's™ Acid Reflux Diet includes 111 amazingly delicious and original vegetarian and gluten-free recipes.

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