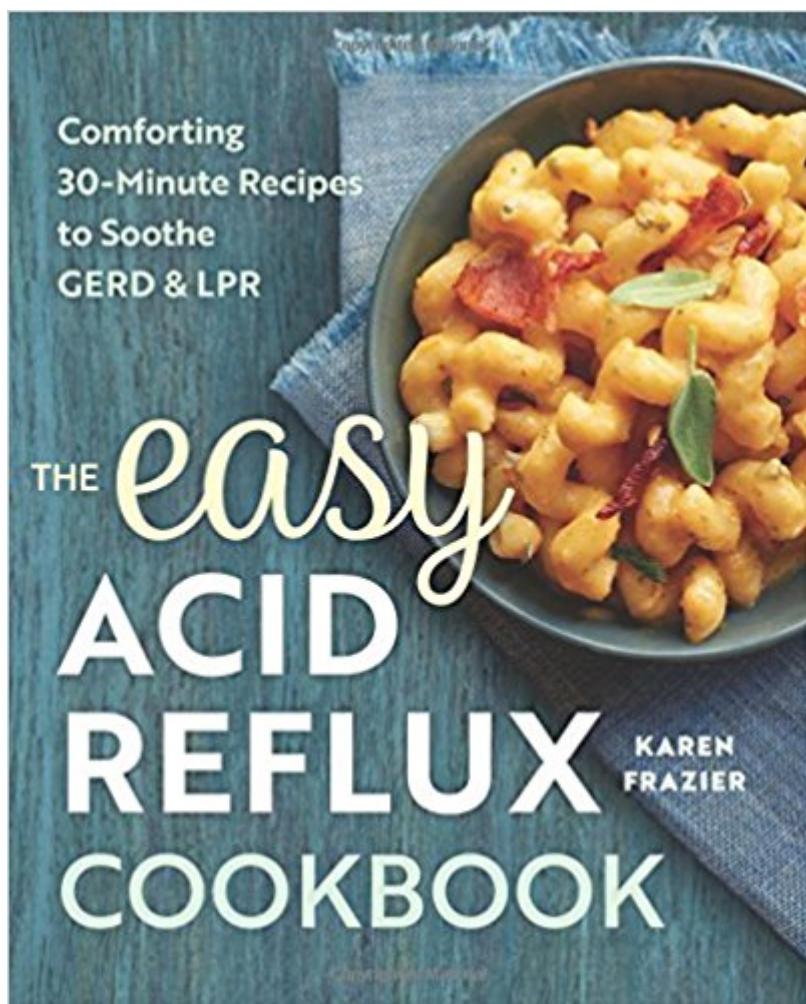


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# The Easy Acid Reflux Cookbook: Comforting 30-Minute Recipes To Soothe GERD & LPR



## Synopsis

With The Easy Acid Reflux Cookbook, the information you need comes with recipes you can rely on so you can eat and live well without the discomfort caused by acid reflux. Heartburn, burping, abdominal pain, and discomfort—<sup>you know the symptoms of acid reflux all too well. Luckily, the key to managing GERD and LPR is closer than you think. By creating delicious, easy-to-follow recipes without the high fat or acidic ingredients that aggravate acid reflux, nutrition expert and author of the bestselling The Acid Reflux Escape Plan Karen Frazier shows you that you don't have to sacrifice flavor for comfort—you can have both.</sup> As someone who used to suffer from GERD, Karen knows first-hand that it can feel difficult to eat freely with acid reflux. She also knows that avoiding acid reflux triggers is possible by simply modifying the foods you already eat. The Easy Acid Reflux Cookbook is your ultimate guide to controlling acid reflux with simple dietary changes. Karen's tried-and-true, 30-minute recipes taste great and don't aggravate your GERD and LPR symptoms. The Easy Acid Reflux Cookbook offers: Acid reflux friendly recipes for popular comfort foods like pizza, pasta, burgers, and more. Over 115 easy, 30-minute recipes that use affordable, everyday ingredients. Recipe tips to modify recipes so they're free of FODMAPs or the Big-8 allergens. Lists of foods to enjoy and avoid and expert advice for GERD-friendly cooking. You don't have to suffer from GERD and LPR any longer. Through the guidance and recipes in The Easy Acid Reflux Cookbook, you'll use the power of nutrition to alleviate and manage your acid reflux symptoms.

## Book Information

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## Customer Reviews

KAREN FRAZIER is the author of the bestselling cookbook *The Acid Reflux Escape Plan*, *The Hashimoto's Cookbook and Action Plan*, and *DASH Done Slow: The DASH Diet Slow Cooker Cookbook*. Karen specializes in writing about health, wellness, and nutrition-based restrictive diets. She serves as Health Editor at [LoveToKnow.com](http://LoveToKnow.com). Learn more at [karenfrazier.com](http://karenfrazier.com).

Very informative book and easy recipes. Recommend

This was a very informative book and I believe it will be most useful.

Many good recipes if you have time to cook.

Great recipes and very good healthful hits regarding foods to avoid as well as eat.

I just wasted my money. Does anyone really need a recipe for scrambled eggs? Rice pilaf? Chicken noodle soup? There's nothing appealing or innovative about any of the recipes. You can come with more creative recipes yourself. I made the butterscotch pudding and it was horrible. It's loaded with cornstarch and tastes like cornstarch and not much else. It also had a weird texture. Ugh! Don't waste your money, skip it! I made the mistake of buying two of her books. The other one is even worse.

This should be the first book you read if you suffer intestinal and esophageal issues. This book not only has great recipes but is jam packed with information on several illnesses. FODMAPs, GERD, LER, LES, IBS or Gluten Sensitivities. I would say this is the first book you should read if you have these illnesses. Information on how to obtain an Alkaline diet that can make food enjoyable again without adding to your health issues. Each recipe is clearly labeled at the top by which diet it follows- FODMAP, IBS, Gluten free, Paleo, Vegan, Vegetarian or Low carbohydrate. Recipes that tantalize and awaken your desire to eat again with things like: Mini Pizzas with Canadian bacon and white sauce. Pan Seared Sea Scallops with Orange- Ginger Glaze. Orange Tarragon Salmon. Orange Gravy. Spiced Hot Cider Caramel Corn. Fruit and Yogurt Parfaits. Pumpkin Mouse. Sweet Potato Oven Fries. Jicama with Low fat ranch dip. Baked Tortillas with Black bean dip. You will find desirable recipes that will have you salivating and creating meals that help eliminate your GERD, IBS and satiate your cravings.

This is a book with a lot of information and the recipes look good. A

Recipes are easy to prepare and so far of the five recipes I've tried only one was a disappointment; could be just personal preferences on my part. The only criticism I have is the reference in ingredient lists to other recipes, for example one that I tried called for mushroom gravy and it said to see a page #, when I went to the recipe for mushroom gravy the ingredient list called for mushroom broth and once more it said to see a page #. So to make one "simple" dish I had to use three recipes? None of them were in the least difficult but it was something to watch for when you are compiling a shopping list.

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