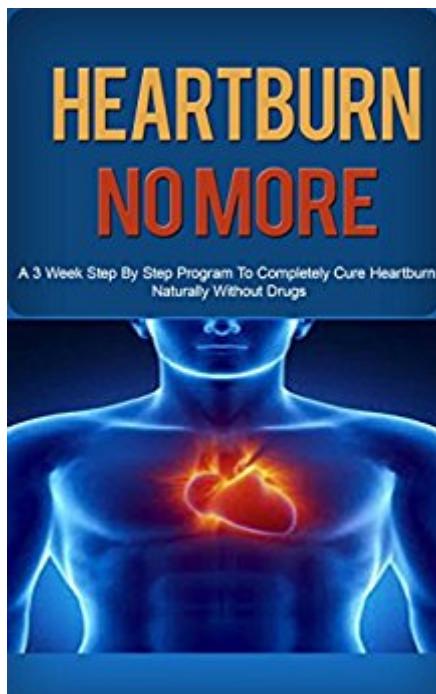


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# Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally In 3 Week Step By Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion)



## Synopsis

Discover how to get rid of Heartburn forever with 3 week step by step programToday only, get this book for just \$0.99 for a limited time. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Do you suffer from a burning sensation in the middle of your chest after having your food? Then you may be suffering from an intestinal disease called heartburn scientifically known as GERD (Gastroesophageal reflux disease). Heartburn is a biological condition where the acid presenting in your stomach goes to the oesophagus, disrupting its normal functioning and giving you burning sensation. You would know that our stomach contains many acids to digest the food that we take like bile and several other digestive enzymes such as pepsin. Now, when these acids directly come into the contact with your oesophagus, it causes a burning sensation and agitation. The main function of our oesophagus is to send the food into the stomach, and the muscles of the oesophagus are very gentle so that the food you eat slips easily through to the stomach. There is a special one way valve that stops the acid going into the oesophagus, but due to some disruption; this doorway is unable to stop the acid going into your oesophagus. This causes heartburns inside your stomach. The one way valve of the oesophagus is generally known as 'Oesophageal sphincter' (LES), located at the bottom of the oesophagus. When the LES relaxes is weak or loose, and then the content of the stomach flows back into the oesophagus.Your heartburn can become more severe in following cases: -- 1.The LES's muscular tone.2.Increase in the type and quantity of liquid that refluxes from your stomach.3.Loss in the natural ability of your oesophagus muscle to cleanse its bottom.The natural immune system of our body tries to minimize the damage to our oesophagus from acids by sending saliva. Saliva that contains water, mucus, enzymes, and electrolytes neutralizes that effect of acids and protects your oesophagus from any kind of damage and malfunctioning. But it has also some limitations since gravity pushes the liquid back into the stomach during the daytime when we are in upright position most of the time.

Moreover, the problem still persists during the night since our body produces less saliva at night. Thus, the acids stay longer in the esophagus increasing the damage and injury to the lining of the oesophagus. So let's get startedâ ¡|Download your copy today!Take action right away by downloading this book for a limited time discount of only \$0.99! Hurry Up!!Tags: Heartburn, Heartburn No More, Heartburn Cured, Acid Reflux, Acid Reflux Diet, Acid Reflux Cure, Acid Reflux Help, Acid Reflux Remedy, Acid Reflux Solution, Heartburn and Acid Reflux, Heartburn Free,

## Book Information

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## **Customer Reviews**

I'm sick of having heartburn problems and running out of tums. So I got this book and instantly noticed just how complicated of a topic heartburn is. I'm glad all this stuff is in the book because it really gave me a brief overview on heartburn along with natural ways to rid of it. It remains to be seen if the 3-week program helps but I'm fully happy already just owning this book as it will serve as my close reference in case I have heartburn problems again.

Been experiencing abdominal and chest pains and acidity lately and the doctor told me it was GERD, and its really difficult managing this disease because when it hurts it can confuse you with the chest pains. I like how this book covered everything there is to know about acid reflux such as how it develops, what things aggravates it and what foods you should and should not eat. Even my medications were well explained with the help of this book. I am now more aware of my disease and management has been somewhat easy. I highly recommend this book.

This book was a great and informative guide about heartburns. Although I personally do not suffer with heartburn , I was open to the knowledge presented in this book. The author was able to condense so much information in one book, it was a great guide ton how to manage heartburn and

what you can do to limit the effects of this illness. This was a great source of information for those who have this ailment and for those who will love to know more about it.

I just recently purchased this book and read it right away to know how I would be able to manage heartburn which I am experiencing for the past weeks. I was not sure as to what caused this symptom if it is the kind of food that I eat or that I may have an underlying condition. I was glad to have read this book because I was educated with this health problem. It has a comprehensible explanation from the causation up to the management part.

My uncle always experiencing this kind of problem and he is always in and out in the hospital and that is the reason why i took this opportunity to grab this book and it was really amazing indeed because not only it gives me the information that i need to know but also helps me a lot to guide my uncle on what to do!

I think this e-book is very informative and also helpful. I have been searching for something exactly like this book that could offer me all the details and info I required about the acid reflux cure. I'm happy that I came across it and I genuinely found out a lot of things by reading it. Well done!

This book is the perfect book for anyone that suffers from acid reflux! The book starts by covering the causes and symptoms of acid reflux and then provides a number of treatment options for those that suffer from acid reflux. Regardless of how severe your acid reflux is, you can easily find a treatment option in this book because it provides over the counter medication options and lifestyle changes you can make and even describes in detail the possible medication and surgery options for those with more severe acid reflux. Definitely a must read for anyone that is tired of suffering from acid reflux problems!

This book really helped me. At first, I had some troubles adjusting to a slightly different diet, but once I got the hang of things, my GERD disappeared. I'm very glad to no longer be on prilosec and all of those other acid-reducing drugs and this book was a big part in me getting there.

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