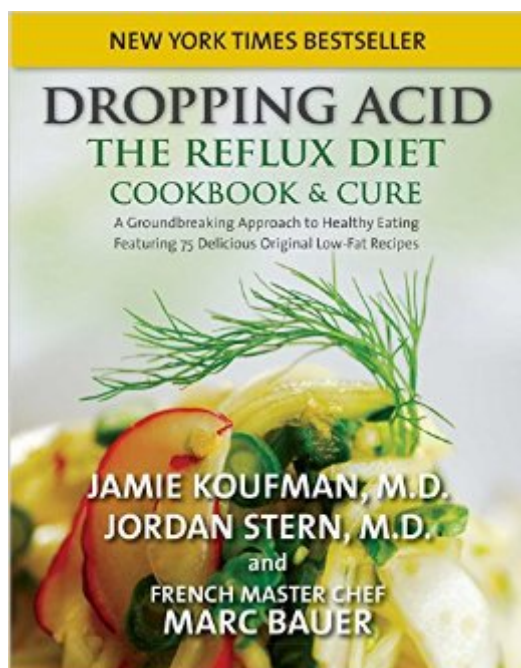


The book was found

Dropping Acid: The Reflux Diet Cookbook & Cure



Synopsis

Dropping Acid: The Reflux Diet Cookbook & Cure is the first book to offer a nontraditional diet to help cure reflux, as well as the best and worst foods for a reflux sufferer. Using her extensive research, Dr. Koufman defines this shockingly common disease and explains why a change in diet can alleviate some of the most common symptoms. Her recipes use tasty fats as flavorings, not just as main ingredients and include a variety of dishes that prove living with reflux doesn't mean living without delicious food.

Book Information

Hardcover: 216 pages

Publisher: Reflux Cookbooks; 1487th edition (September 1, 2010)

Language: English

ISBN-10: 0982708319

ISBN-13: 978-0982708316

Product Dimensions: 7.2 x 0.8 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (750 customer reviews)

Best Sellers Rank: #1,976 in Books (See Top 100 in Books) #40 in [Books > Health, Fitness & Dieting > Nutrition](#) #63 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #67 in [Books > Cookbooks, Food & Wine > Special Diet](#)

Customer Reviews

It's relevant that more information is being published about this annoying problem and Dropping Acid is very helpful. The book has good info about reflux and some nice recipes (although I don't cook much). Dr. Koufman mentions early on about packaged foods generally being a problem and containing a lot of acid but, I wish she would have gotten more specific about what to look for. Elsewhere I read that in the 1970's the FDA approved for preservative use in food things like: citric acid, malic acid and ascorbic acid. (and who knew 35 -40 years ago that we would eventually consume SO MUCH packaged food. Almost everything in the grocery store is canned, bagged, jarred, boxed, frozen, etc.) Once I realized this I became vigilant about looking at the ingredient contents of the food I buy. Well folks, you're going to be shocked because this is where you're getting a lot of your acid intake. These preservative acids are in many canned veggies, crackers, cookies, cereals, yogurts and frozen meals....oh boy! It's crazy. Listen, I had been taking 30mg of prescription Prevacid for almost a decade. Here's what I did, starting Jan 2011: 1) Switched to

acid-free coffee (Folgers has one called: Simply Smooth)²) Eliminated all carbohydrate beverages (never drank much but, realized soda is poison)³) Consume alcohol moderately. Maybe total of 3 or 4 glasses of wine per week.⁴) Bought NOTHING that had any of those preservative acids in them. Clearly, this means more fresh food and only packaged w/o those acids!⁵) Eat chocolate and tomato-sauced foods in small amounts (tomatoes themselves have a lot of water in them so aren't a problem for me but concentrated things like pasta sauce and chili are an issue.

My husband has had chronic GERD for years without knowing it. He started having symptoms that didn't make sense around last January. He was short of breath, cleared his throat a lot, had nausea and an upset stomach, and finally passed out in the middle of the night. I found him unconscious on the bathroom floor. After months of tests his GI doctor diagnosed him with Barrett's syndrome, a precancerous condition of the esophagus, but he couldn't explain the respiratory involvement. Worse yet, the only solutions offered were very invasive - surgery to remove the abnormal cells or light therapy with not the best chance of success. We needed a second opinion and we found Dr. Koufman. She ran different tests that tracked his acid level during an entire day of activities, including while eating, sleeping, coughing, everything. My husband had an enormous amount of acid and was refluxing all the way up to his larynx. The standard course of treatment from the GI doctor included a one-a-day medication that did not last the full 24 hours for my husband, so since he took it in the morning, it stopped working while he was sleeping, in the worst position for reflux to again attack the esophagus that was trying to heal all day. Within a couple of days of meeting Dr. Koufman, my husband was on the strict phase of the diet. It wasn't easy since he was previously working in the wine trade and had to completely stop drinking wine, coffee, pretty much everything except water, milk, aloe juice and chamomile tea. She also changed his medications to better control the condition over 24 hours. Within about 3 weeks, he started feeling noticeably better. After a couple of months, he went back for more tests and his condition had improved dramatically.

Don't let the glossy photographs of the recipes in this book fool you. Cleverly disguised as a cookbook, this book is both sophisticated and scientific in presenting a groundbreaking view of and approach to a highly misunderstood and under-diagnosed condition--acid reflux. (Of course, it is also a terrific cookbook.) By teaming up with Master Chef, Mark Bauer, Drs. Koufman and Stern, present not only a persuasive treatise as to how, when and why the modern American diet is literally "eating us alive." This book is also a specific, dietary road map that can help those afflicted. Brilliant in structure, the book starts with what every patient wants to know, "How can you fix me, doc?" The

"Cure" is then presented through the journey of discovery that these physician-scientists completed over many decades. This book is written with the patient, the layperson, in mind. The authors ably explain the complexities of how acid reflux from the stomach results in tissue damage and symptoms not only in the stomach and esophagus, but all up and down the airways, causing a variety of conditions one would not ordinarily associate with a "GI" disease. Asthma, sinusitis, vocal symptoms and chronic cough, to name but a few, all can be caused by acid reflux. Several important new discoveries are highlighted and tied together early on, making the case for following the dietary recommendations made less onerous with delicious appearing, albeit slightly sophisticated, recipes. The critical role of pepsin was discovered by Dr. Koufman; and it is unfortunately poorly understood by many physicians treating these patients.

[Download to continue reading...](#)

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) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) Dropping Acid: The Reflux Diet Cookbook & Cure The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes for Effective Natural Remedy in the Treatment, Prevention and Cure of Gastritis and Acid Reflux Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers: What to Use to Relieve Acid Reflux, Heartburn, and Gastric Ailments Acid Reflux Diet: 101 Best Foods To Treat & Cure GERD HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners

guide, south beach diet cookbook) Alkaline Diet: 100 Alkaline Recipes For Healthy Dinners To Help Lose Weight (Alkaline, Casserole Recipes, pH, Acid Reflux) Killing Me Softly From Inside: The Mysteries & Dangers Of Acid Reflux And Its Connection To America's Fastest Growing Cancer With A Diet That May Save Your Life The Complete Idiot's Guide to the Acid Reflux Diet (Idiot's Guides) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)

[Dmca](#)