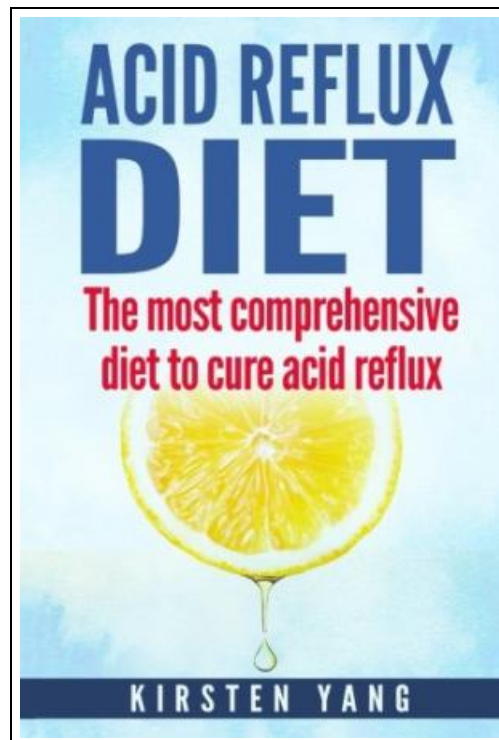


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ACID REFLUX DIET **Are you looking for the ultimate cookbook? Do you wanna stop the reflux and feel free to talk with people!? You are going to discover how I succeeded with this energising and healing food No medicines that will increase your acidity level No expensive solutions No diet that will increase your appetite and give you worse heartburn I am Kirsten and I had acid reflux until I was 27 and I really wanted to spend my time with friends, colleagues and more than that, with my partner. I always woke up with a strong heartburn and tremendous reflux, like I could not catch my breath When I laid down, I started feeling a burning pain around my lower chest and suddenly my mouth got such a bad smell. I was avoiding all social interaction as much as I could I almost never went out with my friends and colleagues, not even for a beer. I was really afraid of this, all the time. I was afraid to be the only one could not talk normally with people I was afraid I could not have a normal relationship and stay close to my partner I was feeling really vulnerable and more than that, I was scared someone could notice. I went through all of this. I made hundreds of mistakes trying to fix it, until I decided to change my eating habits and using a specific diet that changed everything. I did it in 17 days and now. I wake up feeling refreshed and energetic No more heartburn after eating or in the morning I can approach my partner without fear of destroying nice moments between us I stopped being afraid...

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