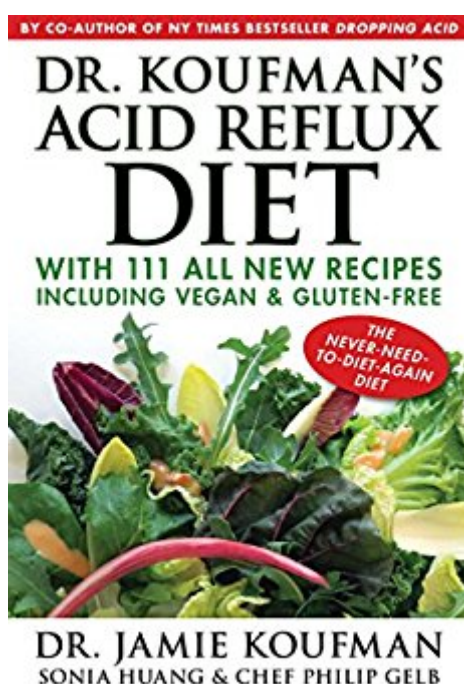


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# Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet



## Synopsis

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 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.

## Book Information

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## Customer Reviews

After many many months of post nasal drip, throat clearing, then coughing, and hoarseness, even losing my voice occasionally, chest pain and aspirating saliva and pieces of food, and at one point coughing blood, (requiring chest x -Ray and endoscopy) all of which I treated with mucous reducing

medication, antihistamines, saline nose drops, Alvuterol, cold medications and so on, It was suggested to me that GERD might be the cause of my afflictions. I ordered this book, and followed all the guidelines (still do). Within TWO DAYS my symptoms began to abate. And in one week I was asymptomatic. I knew I had GERD along with a hiatal hernia, but I had no idea these could be the source of all my problems. I have never suffered the traditional heartburn symptoms, and so I assumed I had allergies and other issues I didn't understand,,I alkalize my drinking water now (via the suggestions in the book) don't eat or drink alcohol for three hours before bedtime, and I eat smaller meals, reducing acidic food, especially later in the day. I can still have a little chocolate and coffee, just not a lot. If you are hoarse often, cough, have any of the other symptoms I had do more than a month or two, I urge you to read this informative and entirely helpful book. Also, as I did, Google some of these symptoms and you will find many reputable authorities agreeing that having an acidic body condition can be hurting you in ways you'd never imagine.

I have just finished reading Dr. Koufman's Acid Reflux Diet book and I urge all fellow sufferers to take this miraculous journey. Her latest book is the capstone to her other two instructional reference volumes: Dropping Acid (2010) with recipes and The Chronic Cough Enigma (2014), that explore the causes and treatment of GERD and respiratory reflux or, respectively, gastroesophageal and laryngopharyngeal reflux. These three beautifully written solutions will save lives while paving an important new direction for the ENT and esophageal-scoping medical community still lost in the delusion of their own addiction to pharmaceuticals as cures for reflux disease. In 2010, I discovered Dropping Acid and learned a new way to eat by choosing alkaline (safe) foods. After almost 40 years with night reflux unaided by Nexium for 25 years, I became conscious of the acidic food-sore throat connection and began to heal. Five years later, The Chronic Cough Enigma explained why I still coughed and had to clear my throat throughout the day. I can thank Dr. Jamie Koufman for the correct diagnosis which turned out to be post-viral vagus nerve neuropathy, an ailment that is more common than anyone ever suspected because it is triggered by a respiratory infection that attacks and maims the vagus nerve, in my case in the area of the vocal cords, with consequent lingering respiratory afflictions lasting decades if not treated properly. These three books for me are a trilogy in the process of healing reflux by understanding its causes, consequences and most amazingly, treatment through eating and lifestyle changes. The latest, Acid Reflux Diet, provides a section on meal planning with suggested cooking schedules, including eating out and take-home protocols to accommodate our busy lives. The extensive recipe section offers nutritious dishes that delight the palate while staying in the safe zone

for a maintenance diet while noting possible trigger (reflux) ingredients as we are individually different in how we respond to various foods. The Chicken Stock recipe (p.217) has become my staple which I add to juice up various dishes during the week. This book - from the medical science behind reflux disorders to its meal planning and health-filled recipes has become my favorite gift to those who need it. And I usually send all three to share Dr. Jamie's knowledge, wisdom and hope for experiencing a reflux-free, healthier, happier and longer life.

I am a dentist. Silent Reflux is the bane of patients. It flies under the radar, because there is no heartburn, but it causes sensitive teeth, enamel loss, dentin loss, and contributes to breathing disorders, sleep, fragmented sleep and UARS (Upper Airway Resistance Syndrome). Dr. Kaufman tells WHY the disease exists (spoiler - acid alone is not the culprit) and more importantly reveals HOW she begins every patient's therapy. I have purchased and distributed nearly 20 "Chronic Cough Enigma" (also on display in reception room) and "Dropping Acid" books in the last 3 months. I like the newest book as she clarifies her diet recommendations and offers more delicious recipes. If you need more free recipes, they are everywhere at sites like [www.drmcDougall.com](http://www.drmcDougall.com). Highest recommendation for a paradigm shifting book.

The guidelines are helpful, but the elimination section is incredibly challenging...adding foods back in and maintenance is incredibly difficult-a struggle the author minimizes. The diet worked very well for me, but the process is a very difficult incredibly time consuming task. It's worth reading but I do wish this follow up book had some more realistic recipes.

I found this book to be very helpful. The science behind acid reflux was easy to read and understand. The recipes are simple and not too expensive to try. I'm very happy with this book and recommend it to all who are coping with acid reflux.

The information is good. However, the recipes are disappointing. We eat vegan most meals but these were not practical. Many contained tofu (about the only food I cannot get my family to embrace.) Some required equipment or ingredients that are not in my pantry or easy to purchase nearby. (For example: Arctic char, wakame, mirin, a smoker)

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