

NEW YORK TIMES BESTSELLER

DROPPING ACID

THE REFLUX DIET

COOKBOOK & CURE

A Groundbreaking Approach to Healthy Eating
Featuring 75 Delicious Original Low-Fat Recipes



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Dropping Acid: The Reflux Diet Cookbook & Cure



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Dropping Acid: The electronic Reflux Diet Cookbook & Remedy may be the first book to provide a nontraditional diet plan to greatly help cure reflux, along with the best and worst type of foods for a reflux sufferer. Her recipes make use of tasty fats as flavorings, not only as main ingredients and include a variety of meals that prove coping with reflux doesn't indicate living without delicious meals. Koufman defines this shockingly common disease and explains why a modification in diet plan can alleviate many of the most common symptoms. Using her extensive research, Dr.



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Good Info on GERD, Terrible Cookbook This book has a lot of good information about acid reflux, but the recipes leave much to be desired.** If I overdo it a bit (example: consume tomato sauces and wines OR chocolate and wines in the same meal) I'll feel it a bit (burping, bloating). "Vegetable and Rice Tofu"? I didn't find the recipes in this one very useful, and the dishes themselves are a bit hoity-toity for my preferences. Five Stars not mine Recipes need improved Explains a whole lot of medical background.. Recipes are good, but some are complex A few of the recipes certainly are a bit complex, and not something that is fast and simple. "Prosciutto-Covered Asparagus Crêpes"? I've already made many meals from that reserve and they were all great and well-received. Some of the dishes looked okay but I noticed the mile-long ingredient lists and unnecessarily complicated guidelines. They managed to stretch the instructions for making a mushroom omelet into nearly a whole page.If you are aspiring to become a chef or watch the cooking shows constantly then maybe this would do the job, but if you're a working woman like me looking to make time-efficient foods for your family with things that you tend to keep in your kitchen anyway, then there are better books out there. Good recipes, and if you have no additional choice its a method to go Tried it an adopted and it worked.ABOUT LPR: The Silent Reflux Story After going right through a couple of limitation in my life to prevent acid reflux, I found that just drinking solid ginger tea daily (after about 2-3 weeks) solved my problems without all of the sacrifice. Still, i don't believe that'll be the case for most people. There are some good ideas and several recipes are fine as-is, but I anticipated something more sensitive from Dr. i just wish they mentioned maybe trying to use basic natural supplements (ginger/tumeric) initial to ease the issue before getting too intense. Not as good as I expected I have been successfully managing my severe Silent Reflux for 5 years without medication by controlling my diet plan, but still have the occasional flare up. I came across this cookbook while reading another publication on silent reflux.Here's what I did, starting Jan 2011:1) Switched to acid-free coffee (Folgers has one known as: Simply Smooth)2) Eliminated all carbohydrate beverages (never drank much but, recognized soda is poison)3) Consume alcohol moderately. Although the dietary plan is fairly limited.I had some high hopes that I'd get some good new variety in my meal choices through this book. While there is some good information in the reserve, and the dishes aren't overly challenging, I am really disappointed that many of these recipes include ingredients that are questionable (like lemons, soy sauce, and various other fruits and juices), also if they are in small amounts. I really wished a cookbook that didn't require adjustments or substitutions, that I could hands to my boyfriend and say, "anything out of this cookbook is secure, even at the most severe of that time period." Sadly, this isn't that cookbook. The recipes in the book are tasty and in fact they recommend consuming ginger to solve issues. I need to add that I had not yet realized when I wrote the original review that fruit drinks can be quite tough on a stomach with acid sensitivity. Don't bother just get chronic cough book Good information however the recipes are weird Please go through this before medicating with PPIs Includes very good info and a lot of recipes. it's well worth the shot.Dr Koufman mentions in early stages about packaged foods generally being truly a problem and containing alot of acid but, I wish she would have gotten more particular about what to look for. Elsewhere I go through that in the 1970's the FDA approved for preservative use in food things such as: citric acid, malic acid and absorbic acid. The quality recipes are concocted from the strangest meals combinations. Almost everything in the grocery store is certainly canned, bagged, jarred, boxed, frozen, etc.)Once I realized this We became vigilant about looking at the ingredient contents of the meals I buy. Well folks, you're going to be shocked because this is where you're getting alot of your acid intake. It really is informative associated with my symptoms but I have not really

tried a recipe yet....oh boy! It's crazy. The variety in dishes is pretty good, and it's really definitely foods that helped with my reflux. Great layman's explanation of what is going on in your gut. YOU NEED TO by this book in the event that you fight with acid reflux disorder or any variation of the condition. Clearly, this means more fresh meals and just packaged w/o those acids!5) Eat chocolate and tomato-sauced foods in small amounts (tomatoes themselves have alot of water in them so aren't a issue for me but concentrated things such as pasta sauce and chili are a concern.. Well, I'm still amazed and thrilled to record that ** I have almost no symptoms any longer! "The Acid Escape Program" has the same information, and I loved the quality recipes a lot better. My God, all of the money I'd have preserved on those prescriptions and the soreness I possibly could have avoided! sort of to keep stuff in balance. At least I'm thinking about it that method because I still can't think that this worked.We now take a couple of over-the-counter Prevacid pills per week;Anyhow, I am hoping this info is useful to others. Give it a whirl; The book has good information on reflux plus some nice quality recipes (although I don't prepare very much).**UPDATE: May 2014 - Glad people are obtaining my review helpful. Koufman. Explains the ailments in a distinctive way that is especially useful for family members that may not be direct-affected individuals to comprehend that goings-on with such things. Well, when I eliminated regular consumption of fruit drinks was a BIG improvement. You merely have to figure out what your trigger foods are and ditch them! I consider no acid reflux meds at all now. Great info awful recipies The Acid Watcher Diet is so much better and the simple recipe are better too. (and who knew 35 -40 years ago that we would eventually consume SO MUCH packaged food. I'd never eat in this manner - I don't think lots of people would. I gave the book two stars since it contains great information but since the book is usually billed as a cookbook, I must deduct three as the recopies are awful. The book requires a cookbook re-write or get rid of the recipes and stick to the facts. A fantastic read cover-to-cover for anyone that suffers from chronic GERD ..)After two months of eating such as this I had the courage to start out trailing off the Prevacid. A fantastic read cover-to-cover for anyone that suffers from chronic GERD or additional like issues. That appears like a no-brainer but I didn't know it and loved drinking cranberry and apple juices mainly (not citrus, I knew I couldn't tolerate that). The quality recipes are not whatever you cannot find on-line, however remain great to possess and explained perfectly. Other reviews appear to be worried about how the book tried to state some stuff "may not be true" or "may not help everyone." In the event that you have problems with GERD or anything such as this you 110% realize why this is true as the symptoms and triggers will vary for everybody. Maybe total of 3 or 4 4 glasses of wine weekly.Recommend anyone who has these problems or lives with somebody with these problems browse this completely. Great reference material inside as well. Recipes and diet recommendations are healthy suggestions for life and not just for Acid issues. Informative The book was as defined. I would definitely buy from this vendor in the future. I received the reserve a couple of days ago and have simply began reading it. These preservative acids are in many canned veggies, crackers, cookies, cereals, yogurts and frozen meals. I have an incredible story, plus this book It's relevant that more information is being published about this annoying issue and Dropping Acid is very helpful. Recommended to me by my sinus doctor, who finally diagnosed by LPR (silent acid reflux). A MUST Go through for those battling acid The best money I have spent in the complete process of dealing with my acid reflux issue. The information can help you build a real technique AND arrange for living with the condition and healing yourself.4) Bought NOTHING that had any of those preservative acids in them. Five Stars Good book for those who have LPR. Get it! Some of the recipes are not very tasty. I mean. I tried to make the one mushroom quiche rather than have producing pastry

before, I don't think the directions were good.. Not so impressed with recipes.Listen, I have been taking 30mg of prescription Prevacid for nearly a decade.



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