

NO MORE HEARTBURN

*Stop the Pain in
30 Days—Naturally!*

The Safe, Effective Way
to Prevent and Heal Chronic
Gastrointestinal Disorders

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No More Heartburn: Stop the Pain in 30 Days--Naturally!: The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders



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With sample menus of tasty, easy-to-prepare meals, obvious, explanatory charts and tables, and a thorough list of gastrointestinal health assets, that is vital reading for anybody struggling the chronic agony of heartburn. Did you know .Without Drugs! . • .Traditional gastrointestinal treatment is definitely virtually guaranteed to cause illness without the risks and unwanted effects of prescription drugs. Bad breath can be a signal of a significant gastrointestinal disorder You’ • Popular antacids and prescription acid blockers actually aggravate your trouble ve felt the burning, bloating, and painful gas of acid reflux and indigestion. Nevertheless, you may not be aware that such discomfort may signal an even more serious condition, that left untreated, can lead to cancer. In this remarkable publication, Dr. Sherry Rogers, a leading expert in drug-free of charge gastrointestinal therapy, explains how you can pinpoint the causes of your tummy distress and offers easy-to-follow information for creating an effective, personalized plan for achieving and preserving total gastrointestinal health. Unlike traditional therapies, which simply mask the symptoms and ignore the underlying causes, the cutting-edge methods detailed right here go right to the root of the imbalance, ending years of chronic discomfort and illness and returning the body to its natural condition of wellness—•Cure Heartburn and Indigestion Forever—



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Another good book from Dr. Sherry. Another great book from Dr. Rogers. I've a hiatal hernia and the information in this reserve has been very useful for me. Readable and full of good information with suggestions for natural products that alleviate and end heartburn without resorting to all the medicines the medical community tends to hand out without understanding the underlying causes. Sherry's publication was an attention opener for me personally. chronic GERD. A lot of the same details you could find scattered around the web if you need to take the time to research it all but for the price it's much easier to own it all in 1 place. I have used much of the information with great results. The book didn't provide my specific solution but forever changed my views about the food, medical, and drug sectors and convinced me that: a) Doctors have the wrong approach and medicines are doing more harm than good. My story: I started suffering from acid reflux maybe 5-6 years back and visited a gastroenterologist who immediately placed me on Rx acid blockers. Five Stars This book helped me beat an H-pylori infection without antibiotics. I got scoped and was told I had a big hiatal hernia and this alone was the cause of my GERD. Without additional options but surgery being offered if you ask me, I kept acquiring the meds. But after some weeks they stopped functioning and I was prescribed another one which also worked well for a short while and the cycle repeated. Ultimately I was taking larger doses and pursuing my doctor's instructions to ALSO take Tums and Mylanta. I desire I acquired found this reserve sooner instead of wasting my money on numerous over-the-counter & have been unsuccessful, this is actually the book for you personally. Rogers (that I bought at Whole Foods) for approximately per month now. Since absolutely nothing was working I understood that we needed an alternative to meds. I have already been suffering for over 2 years. prescription drugs. Changed my life Yes, actually. I have already been using the natural remedies recommended by Dr. Long story short, I decreased my diet to only vegetables and found that I had zero heartburn. After a couple of days I began adding things back in, individually to limit the variables and finally found that bleached flour was the culprit. No! And you know very well what? I'm glad the medicines didn't work because if indeed they had I would have kept taking them and never sought out real answers, and never read this publication. I cleaned up my diet along the way so honestly, it's a good book to read even if you don't possess GERD and you simply want to understand how to eat healthier. Life Changing In case you have tried everything to greatly help your acid reflux & I also tried avoiding all the usual foods they'll tell you to avoid: espresso, tomato sauce and other acidic things, etc. I have a hiatal hernia & Great Book Great book, lots of useful information about natural/organic remedies that actually work to heal the problem not just deal with the symptoms and produce the actual problems even worse and without all of the unwanted effects of prescription meds. I discovered some organic enzymes which cured me for approximately a year but they too stopped operating. When you initially read the book, you might feel overwhelmed with all of the information, but with tolerance, you will discover what functions for you. b) My issue was DIETARY, and not caused by a physical defect. None of the eliminated the GERD. I've eliminated from having a belly ache every time I ate to only experiencing pain when I eat result in foods, like vinegar & tomatoes. So I eventually got to the point where I was taking three different things at the same time and my painful reflux was even worse than ever. I QUICKLY bought this book. Thank you Sherry! Fantastic book! Fantastic book! Older book written in 2000 but information is still good, covers many health issues such as heartburn, acid reflux, hiatus hernia, leaky gut syndrome, IBS, H Pylori, candida, ulcers plus much more. For anyone who is suffering from heartburn often, (or ever!! You need to be at a point what your location is willing to change the way you consider food and the manner in which you eat. After reading the book, we switched to the diet she recommends in the book and I have already been off Omeprazole since March, 2011. You really do have to address your daily diet or method of eating. This doesn't mean they need you to follow something they sell or any particular product they promote. They give you supplement suggestions and types of food to avoid. Sugar may be the biggest culprit.... Eye opener Dr. in all forms. Highly processed foods also.) this publication has so very much great information and tips on how to deal with this condition without having to use over-the-counter or

prescription medicine that only offer a temporary solution. I do eat a healthy diet and I rarely eat sugar anyway, so this wasn't a big issue for me. I am so happy to be heartburn free!! Eye opener I'm an RN employed in gastroenterology which was an excellent education. I have never heard the MDs I use mention the remedies or perspectives in this reserve!! This publication made me hungry to educate myself and move this on to my patients as an alternative.. Certainly well worth reading for those who have experienced and continue to have problems with this annoying and possibly damaging to overall health condition that can most likely be treated and eased and corrected with natural products that help and heal your body minus the often possibly harmful unwanted effects that prescription medicines cause. I have been suffering acid reflux and acid reflux disorder for decades. I had been on Omeprazole for almost 10 years. The symptoms were effectively suppressed but gradually I started sense something had not been right in the belly. Endoscopies revealed gastritis, barrettes and additional issues. I happened to read this book and it resonated with my conditions. The book clearly explains the root causes and methods to treat all the conditions. So happy I purchased this reserve. Sherry for writing this reserve. With a strict diet plan along with enzyme supplements, I feel better and hope to recover to finish wellness. Thanks to Dr. With the help of this reserve, I also identified several food allergies which were continuously suppressed with medicine. Also, the info in this book got helped me control my fat. It is a common feeling approach to relieving heartburn, leaky gut syndrome and candida overgrowth. It really is written therefore anyone can understand it. An investment in your health I have been to the ER several times with chest discomfort and my heart is fine. I have shared it with many friends. NO!!!! Yet, when I tried some of the recommendations in this publication, I found rest from my symptoms.! So now I simply don't eat bleached flour and I'm fine. Five Stars Great book Thank You Three Stars nothing special. Great buy Great book, shipped fast. Offered insight and lots of helpful here is how to prevent heartburn and what things to look out for. Definitely would suggest to a person with similar issues Four Stars Great book lots of info. It relieved the acid reflux quickly that was important at the time but I found that the moment I stopped taking them it came back and it had been BAD.



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