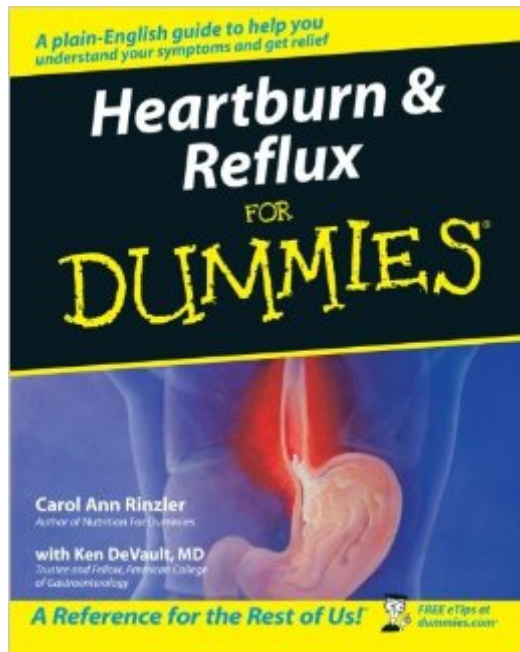


The book was found

# Heartburn And Reflux For Dummies



## Synopsis

If you or someone you love suffers from heartburn, you know that it can be very disruptive to your daily life. Most heartburn sufferers say it stops them from enjoying food. Others say it keeps them from getting a good night's sleep, it makes it hard to concentrate at work, and it interferes with family activities. Sound familiar? Don't worry. Heartburn is a pain, but it can be helped. Heartburn & Reflux For Dummies is the plain-English guide to relief for you if you've been recently diagnosed with heartburn or reflux, if you suspect you may suffer from it, or if you're concerned about your loved ones. This comprehensive book shows you how to recognize symptoms, get an accurate diagnosis, and work with a physician to receive the most effective treatment available. You'll see how to:

- Get your symptoms under control
- Find the right physician
- Reduce stress and fine-tune your diet
- Avoid medicines that trigger upset
- Decide if surgery is right for you

This friendly guide explains what the various forms of reflux are, as all too often reflux is either self-treated or mistreated and followed by serious complications. There's detailed information on building a comfortable lifestyle by reducing stress, improving your diet, controlling portions, and timing your meals to minimize heartburn and reflux. Plus, this sensitive guide even covers heartburn in infants, children, and the elderly. You'll also discover:

- How to heal the esophagus of inflammation or injury, as well as manage or prevent complications
- The latest information on prescription medications and side effects
- Healthy habits to adopt to reduce your pain triggers
- Helpful home remedies and alternative medicine
- The special risks and remedies for heartburn during pregnancy
- The side effects and complications associated with surgery
- Complete with a catalog of heartburn medicines and a list of reliable Web sites for people with digestive disorders

Heartburn & Reflux For Dummies is your one-stop guide to stopping the hurt, starting to heal, and enjoying food again!

## Book Information

Paperback: 360 pages

Publisher: For Dummies; 1 edition (June 25, 2004)

Language: English

ISBN-10: 0764556886

ISBN-13: 978-0764556883

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (20 customer reviews)

Best Sellers Rank: #292,040 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #185 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

This book is a straightforward guide to heartburn and its unpleasant sister, reflux. The list of potentially offending foods is very useful, as is the Part of Tens guide to heartburn web sites. Even if I still get heartburn, this book has given me some strategies for reducing the discomfort. Highly recommended.

I learned more about acid reflux in two days of easy reading then I learned from my doctors in five years. Great Book!

It's true: it explains what many MDs neglect to mention in the office. Very useful reading -- BEFORE you go in to talk to the doctor. This will give you a framework for the best questions to ask. Unfortunately, the burden is on you, the patient, to ask them! Most docs volunteer nothing! Counterintuitive, I know, but it's the reality. Arm yourself with this simple, smart, easy to understand book.

Until now, no one had outlined the consequences of untreated heartburn as clearly as this author who pretty much tells you everything you need to know about about how heartburn happens and how it affects your body. I particularly liked how this book made it possible for me to contact a consumer help book and find out how stress hurts my stomach.

What a great book that makes you understand Acid Reflux by being simple, clear and easy to see what is happening. Much better explanations, etc. than I received from my doctor.

I've several of Carol Ann's books, including Nutrition for Dummies, and she is a worthy author.

Note: I went straight to the diet section and then to the Internet links. I feel that the diet section is inexcusable and links may be broken because the book was written in 2004 and the links changed. Now I will read the rest of the book to pick out the information of value.

Better than anything else on the market for getting a complete overview of GERD, especially "silent GERD"/LPR.

[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) Heartburn and Reflux For Dummies Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD 50 Ways to Relieve Heartburn, Reflux and Ulcers Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers: What to Use to Relieve Acid Reflux, Heartburn, and Gastric Ailments The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief The 30 Day Heartburn Solution: A 3-Step Nutrition Program to Stop Acid Reflux Without Drugs Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2) The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, and More The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More by Fc & a Medical Publishing (2004-06-30) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders Indigestion: Living Better with Upper Intestinal Problems from Heartburn to Ulcers and Gallstones The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes for Effective Natural Remedy in the Treatment, Prevention and Cure of Gastritis and Acid Reflux Doctor's Guide to Gastrointestinal Health Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more by Miskovitz M.D., Paul, Betancourt, Marian [Wiley,2005] [Paperback] The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more The Chronic Cough Enigma: How to recognize, diagnose and treat neurogenic and reflux related cough

