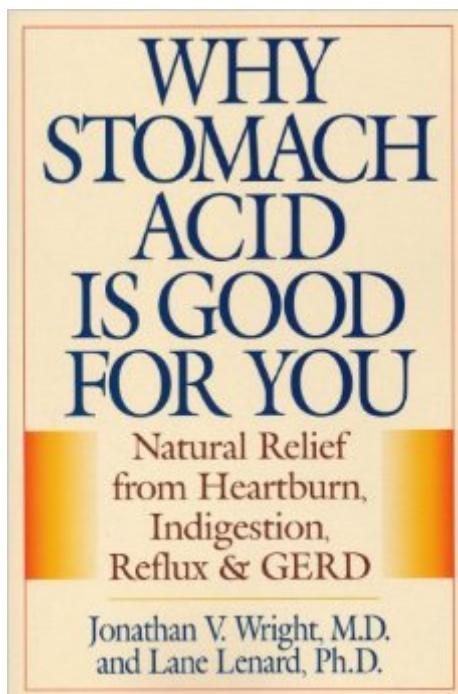


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# Why Stomach Acid Is Good For You: Natural Relief From Heartburn, Indigestion, Reflux And GERD



## Synopsis

This groundbreaking book unleashes a brilliant new plan for permanently curing heartburn by relieving the root cause of the problem: low stomach acid.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (212 customer reviews)

Best Sellers Rank: #16,565 in Books (See Top 100 in Books) #21 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #392 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine #1156 inÂ  Books > Parenting & Relationships

## Customer Reviews

A new remedy came on the market promising 14 days of heartburn relief. I rushed to the drugstore the day it hit the shelves. As advertised, I had 14 days of blissful remission. My suffering relieved, I relived the days when heartburn was impossible. There was a time I could gulp jalapeno peppers like candy. I could eat a double order of Nick's Famous Coney Island Dogs piled with onions, washed down with a (small) pitcher of beer. I laughed at heartburn. When the 14 days ended, the heartburn returned with a vengeance, worse than ever. Warning labels proscribed continued use of the remedy. There has to be a better way, I concluded, and started researching heartburn online. This book turned up among the search results. Following the book's advice, I swallowed a spoonful of fresh lemon juice to combat an attack of heartburn. The lemon juice caused some alarming turmoil in my stomach, but the heartburn subsided. I had some lemons on hand, so I squeezed them into glass bottles of drinking water. I put the juice of half a lemon in each quart bottle. For the next few months, I drank lemon-spiked water. The heartburn abated from day one. I didn't need to take the acid tablets the book recommends. I am a beer and coffee lover, so there were occasional flareups. I might forget to take the onions out of my gyro. I fought these flareups with chewable papaya enzyme tablets, which work better than any antacid. My shopping habits changed. Instead of buying antacids in jumbo bottles, I bought lemons by the 5-pound bag. I squeezed one or two

lemons a day into my drinking water. Eventually, water didn't taste right without lemon. I ended my lemon water addiction. In 3 years, the heartburn has not returned.

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