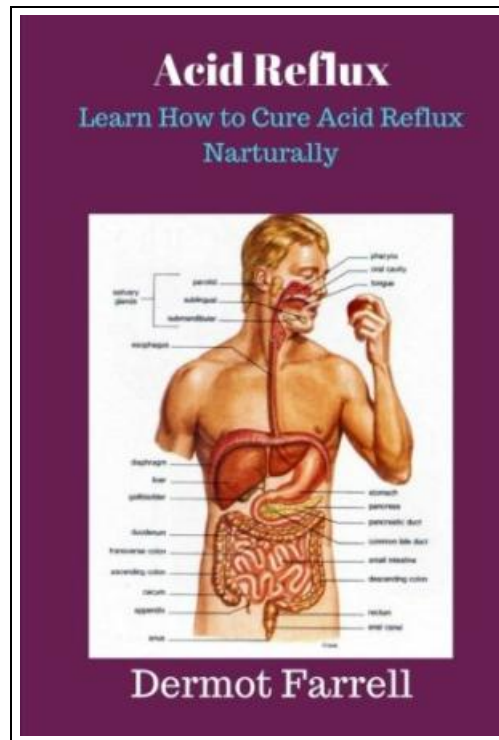


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you tired of having heartburn yet again? Have you tried out every cure under the Sun to find yourself still having problems with acid reflux? Have you suffered with an iffy stomach, most of your adult life and with no apparent possibility for relief! Well you don t have to be! Acid reflux is either brushed off as a minor irritation (when in fact it can be a major irritation if you get it regularly), or it s labelled as a disease (GERD - Gastroesophageal Reflux Disease), when in reality acid reflux is a symptom caused by an unbalanced body! In this guidebook you will be given an overview as to how and what acid reflux is, followed by a variety of strategies which can both reduce symptoms and in some cases, over a period of time, a complete cure can take place. You shall read about how to eat the right way, so as to reduce stomach acid problems; breathing exercises to reduce the onset of acid reflux; helpful natural herbs and healthy supplements which will help and physical exercises, including hatha yoga and oriental energetic exercises. Take a quick look through this book and you can find some helpful strategies, which will help both to reduce the frequency and intensity of acid reflux events and if you get a little deeper into it, by observing yourself and making the appropriate long term changes that a cure will be possibly for many, or at least a great reduction in symptomology!.



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