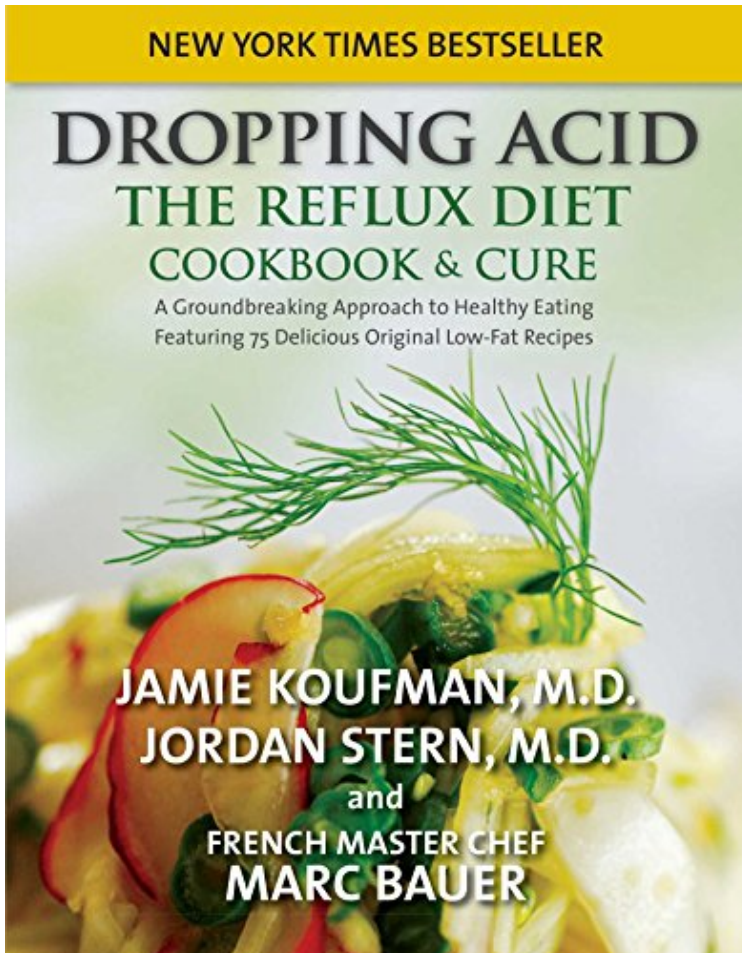


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Dropping Acid: The Reflux Diet Cookbook Cure (English Edition)



Par Jamie Koufman, Jordan Stern
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Diet Cookbook Cure (English Edition)

Par Jamie Koufman, Jordan Stern :
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Description :

Prsentation de l'diteurDropping Acid: The Reflux Diet Cookbook Cure is the first book to explain how acid reflux, particularly silent reflux, is related to dietary and lifestyle factors. It also explains how and why the reflux epidemic is related to the use of acid as a food preservative.Dr. Koufman defines the symptoms this shockingly common disease and explains why a change in diet can alleviate some of the most common symptoms. Dropping Acid offers a dietary cure for acid reflux, as well as lists of the best and worst foods for a reflux sufferer. The books recipes use tasty fats as flavorings, not as main ingredients; included are the recipes for tasty dishes that prove living with reflux doesn't mean living without delicious food.Prsentation de l'diteurDropping Acid: The Reflux Diet Cookbook Cure is the first book to explain how acid reflux, particularly silent reflux, is related to dietary and lifestyle factors. It also explains how and why the reflux epidemic is related to the use of acid as a food preservative.Dr. Koufman defines the symptoms this shockingly common disease and explains why a change in diet can alleviate some of the most common

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Biographie de l'auteur Dr. Jamie A. Koufman is a physician and researcher on the topic of acid reflux. She coined the terms laryngopharyngeal reflux and silent reflux". Koufman is the founder and director of the Voice Institute of New York, a comprehensive voice and reflux treatment center, and Professor of Clinical Otolaryngology at New York Medical College. As a surgeon, Koufman pioneered laryngeal framework surgery in the United States and was a founding member of the International Association of Phonosurgery. She performs voice (vocal cord) reconstruction surgery and office-based minimally invasive laryngeal laser surgery. Koufman is a past president of the American Bronchoesophagological Association. She has received the Honor Award and the Distinguished Service Awards of the American Academy of Otolaryngology, as well as the Casselberry Award and a Presidential Citation from the American Laryngological Association. For 25 years, Dr. Koufman has lectured and published in the fields of laryngology and acid reflux research. Castle Connolly has listed Dr. Koufman as a "Top Doctor" every year since 2001.