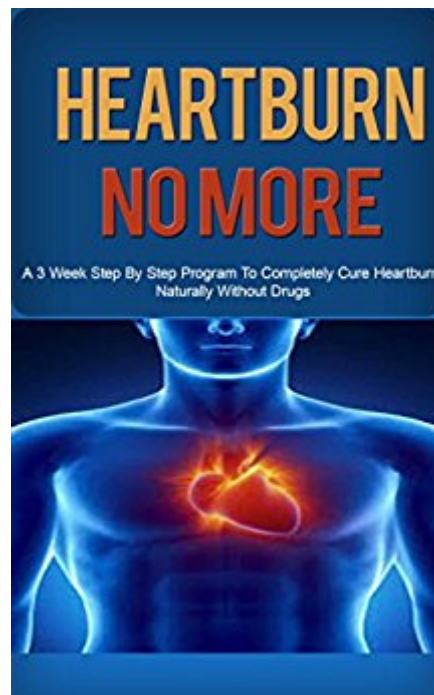




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# Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally In 3 Week Step By Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion)



## Synopsis

Discover how to get rid of Heartburn forever with 3 week step by step program Today only, get this book for just \$0.99 for a limited time. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Do you suffer from a burning sensation in the middle of your chest after having your food? Then you may be suffering from an intestinal disease called heartburn scientifically known as GERD (Gastroesophageal reflux disease). Heartburn is a biological condition where the acid presenting in your stomach goes to the oesophagus, disrupting its normal functioning and giving you burning sensation. You would know that our stomach contains many acids to digest the food that we take like bile and several other digestive enzymes such as pepsin. Now, when these acids directly come into the contact with your oesophagus, it causes a burning sensation and agitation. The main function of our oesophagus is to send the food into the stomach, and the muscles of the oesophagus are very gentle so that the food you eat slips easily through to the stomach. There is a special one way valve that stops the acid going into the oesophagus, but due to some disruption; this doorway is unable to stop the acid going into your oesophagus. This causes heartburns inside your stomach. The one way valve of the oesophagus is generally known as "Oesophageal sphincter" (LES), located at the bottom of the oesophagus. When the LES relaxes is weak or loose, and then the content of the stomach flows back into the oesophagus. Your heartburn can become more severe in following cases: -- 1. The LES's muscular tone. 2. Increase in the type and quantity of liquid that refluxes from your stomach. 3. Loss in the natural ability of your oesophagus muscle to cleanse its bottom. The natural immune system of our body tries to minimize the damage to our oesophagus from acids by sending saliva. Saliva that contains water, mucus, enzymes, and electrolytes neutralizes that effect of acids and protects your oesophagus from any kind of damage and malfunctioning. But it has also some limitations since gravity pushes the liquid back into the stomach during the daytime when we are in upright position most of the time. Moreover, the problem still persists during the night since our body produces less saliva at night. Thus, the acids stay longer in the esophagus increasing the damage and injury to the lining of the oesophagus. So let's get started | Download your copy today! Take action right away by downloading this book for a limited time discount of only \$0.99! Hurry Up!! Tags: Heartburn, Heartburn No More, Heartburn Cured, Acid Reflux, Acid Reflux Diet, Acid Reflux Cure, Acid Reflux Help, Acid Reflux Remedy, Acid Reflux Solution, Heartburn and Acid Reflux, Heartburn Free,

## Book Information

File Size: 197 KB

Print Length: 23 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 17, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00ZW663UI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #455,510 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

inÃ Â Books > Medical Books > Nursing > Long-Term Care #90 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Healing #2155 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

This book can be a great guide to avoiding heartburn and understand deeply this kind of illness. A comprehensive book that explains everything and let you understand about the subject. The beginning of the book is pretty straight forward and describes some of the common causes for heartburn and acid reflux and what you can do to treat this disorder. Full of learning, a great guide, worth to read!

I picked up this book from a friend's recommendation and was really pleased with what I found. A comprehensive book that explains everything and let you understand about the subject. The beginning of the book is pretty straight forward and describes some of the common causes for heartburn and acid reflux and what you can do to treat this disorder. I am deeply grateful to him for giving me hope and knowledge on this matter!!

This book has all the information about acid reflux. A great book to have if you are suffering from this condition. I don't have acid reflux yet but it's good to have knowledge about this disorder in advance. Definitely recommend this book to everyone who has acid reflux and would like to seek

help...

I think this e-book is very informative and also helpful. I have been searching for something exactly like this book that could offer me all the details and info I required about the acid reflux cure. I'm happy that I came across it and I genuinely found out a lot of things by reading it. Well done!

I chose this rating because the book doesn't seem to be edited at all. Also the inform there seems to be conflicting suggestions regarding the various treatments.

This book is poorly written, the grammar is pitiful and the content is lacking. Don't waste your time and money.....

Short, vague and no specifics

Had some well known information. Nothing new.

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Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More Passing The Acid Test: Natural cures and Remedies for Acid Reflux Disease Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) The Acid Watcher Diet: A 28-Day Reflux Prevention and Healing Program RefluxMD's Recipe for Relief: A GERD Friendly Meal Plan and Diet Program for Acid Reflux Dropping Acid: The Reflux Diet Cookbook & Cure The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes for Effective Natural Remedy in the Treatment, Prevention and Cure of Gastritis and Acid Reflux

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