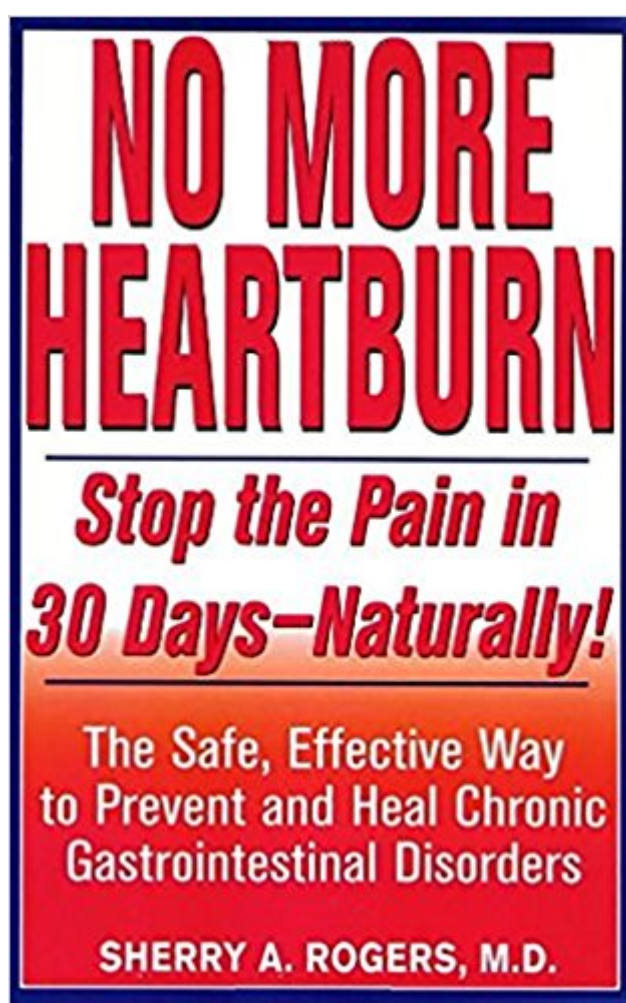


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No More Heartburn: Stop The Pain In 30 Days--Naturally!: The Safe, Effective Way To Prevent And Heal Chronic Gastrointestinal Disorders



Synopsis

Heartburn and indigestion are common ailments that are all too often -- and wrongly -- treated by prescription and over-the-counter drugs that mask the symptoms, and ignore the underlying -- and often serious -- causes. In this remarkable book, Dr. Sherry Rogers, a leading expert in drug-free gastrointestinal therapy, explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalized program for achieving and maintaining total gastrointestinal health. Dr. Rogers is a double-board certified physician (American Board of Family Practice and American Academy of Environmental Medicine) as well as a Fellow of the American College of Allergy and Immunology, and has been touted for her accomplishments as a leader in environmental medicine -- even winning the American Academy of Environmental Medicine's Rinkle Award for excellence. Unlike traditional therapies, the cutting-edge methods detailed in "No More Heartburn" go right to the root of the problem, ending years of chronic pain and illness and returning your body to its natural state of health -- without the risks and side effects of prescription drugs. With sample menus of tasty, easy-to-prepare meals, clear, explanatory charts and tables, and an extensive list of gastrointestinal health resources, this breakthrough book is vital reading for anyone suffering the chronic agony of heartburn.

Book Information

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Customer Reviews

If you have tried everything to help your heartburn & have been unsuccessful, this is the book for you. I have a hiatal hernia & chronic GERD. I have been suffering for over 2 years. When you first read the book, you may feel overwhelmed with all of the information, but with patience, you will

discover what works for you. I have been using the natural remedies recommended by Dr. Rogers (which I found at Whole Foods) for about a month now. I have gone from having a stomach ache every time I ate to only experiencing pain when I eat trigger foods, like vinegar & tomatoes. I wish I had found this book sooner rather than wasting my money on numerous over-the-counter & prescription drugs. Thank you Sherry!

Very educational. It guides you step-by-step to diagnosed and successfully treat any digestive disorder. I have suffered from food intolerances for about 12 years now, and I never made the connection between H. Pylori, Prilosec, and food intolerances. My doctor said it would be ok. and safe to take Prilosec for the rest of my life and so when I wanted to eat large quantities of spicy, rich, sugary food I never worried as I new I had Prilosec. Little did I know the extensive damage it does by suppressing the production of the stomach acid, and little by little but surely the damage begins to show slightly in the beginning until your health is at risk. Long term use of acid blockers cause Leaky Gut Syndrome among many other illness, but if not attended, the damage will extend and cause asthma, arthritis, type 1 diabetes, celiac disease, etc. Dr. Sherry A. Rogers writes in an easy for anybody to understand, she gives you the protocol, name of supplements, dose, to treat very dangerous and problematic digestive disorders that Gastroenterologist Doctors don't have a clue. After reading her book I felt confident to start my own treatment, immediately ordered what I needed and it's been only one week since I started the treatment. I also have read other books about GERD, Leaky Gut and food intolerances and No More Heartburn is the best. I think that what I invested in this book will save me probably thousands of dollars, time, energy, pain, and stress. One of the best purchases I ever made. I feel I could educate any doctor about GI disorders with the knowledge acquired with this book.

I was surprised that she addressed candida. The sample diet worked to a tea. I am now candida free. Heartburn down to a minimum from horrible heartburn that lasted all day and all night. I would like to have more detail on the candida diet.

This book should be required reading for all! Even if you currently have no immune system or gut related issues, you can learn a lot on how to avoid them. I've given two copies away to others that I thought it would help. One has Lupus, the other person, I suspect, has a leaky gut. I recommend all of Dr. Rogers books. She's fantastic. So, get a copy today!

Modern medicine is based on a quick doctor consultation 5 minutes or less followed by a prescription. Only symptoms are addressed but hardly ever the root cause of the problem. Prescription side effects are never discussed and you only learn 5 or 10 years down the road when you see it on the news that people are dying from side effects of a prescription medicine. This book is an honest and simple way of getting to the root cause of heart burn. For some people heart burn is an ongoing battle but it is good to know how to tackle the problem from its roots and doing so the natural way.

This is for more than heartburn -- but for overall health! Dr Rogers enlightened me with new information and has confirmed many things about the traditional medical world that I suspected, being from the traditional medical world, she knows what she is talking about. She writes as if she's talking directly to me from across my kitchen table. Many medical help books go over my head. This one I understood but it helped to take notes while I read. We also got her book on the Cholesterol Hoax -- another must read if you've been encouraged to take statin drugs from your doctor!

Within a month of reading this book I had my son off of Prevacid, and Tums. Just one of the many helpful solutions in this book was able to get my son who's had acid problems since he was born healthy. This book also explains why you need to actually fix the problem and not just treat the symptoms of heart burn, acid stomach etc. A must read for parents with kids who have digestive issues, and anyone with those issues themselves. The only problem is the book throws out tons of knowledge and facts that are sometimes difficult to follow and disjointed, so I had to read some sections multiple times.

As a sufferer of IBS, I bought many books on the subject but this one helped me the most. Even though Ms. Rogers is an MD she does not recommend prescriptions for this condition. Instead the nutritional supplements she suggested actually worked unlike those endorsed in other books such as Artichoke extract. Glutamine was one of the best. I am so impressed with her book that I am going to see what else she has written and I will order those also !

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 Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many Other Digestive Disorders
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