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Acid Reflux and GERD 60-Day Food Journal

Daniel Saiers

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Acid reflux and GERD symptoms have certainly been experienced for years. The frequency and number of people affected in the last 30 years is what has become most alarming. Visit any drugstore and you'll see tall displays touting the latest antacids and OTC proton pump inhibitors. Individuals of every age and socioeconomic status can be affected by Acid reflux and GERD (Gastrointestinal Reflux Disease). It inhibits the simplest functions in life. Those afflicted with the conditions cannot sit down and enjoy a meal without experiencing mild to extreme discomfort. The Acid Reflux and GERD 60-Day Food Journal, is easy to understand and complete. It will allow sufferers to get a handle on which foods, drinks, medications, and habits are causing the most trouble. Identifying the culprits will allow you to eliminate them from your diet and lifestyle, lessening or altogether dropping acid reflux discomfort. If you're using an Acid Reflux Cookbook or menu to drop acid related discomfort levels, this journal will allow you to record the meals that are best suited for your digestive system in the future while avoiding those that cause digestive problems. This food journal may also be useful for those with Ulcerative Colitis, IBS (Irritable Bowel Syndrome), and Crohn's Disease. If you are receiving treatment in order to find heartburn solutions and relief, this journal is a perfect daily companion. It does not discuss acid reflux cures, diets, cookbooks, pillows, or relief solution - instead its a log to record progress as you pursue the Acid Reflux, GERD, Gastritis solution best suited for you.

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