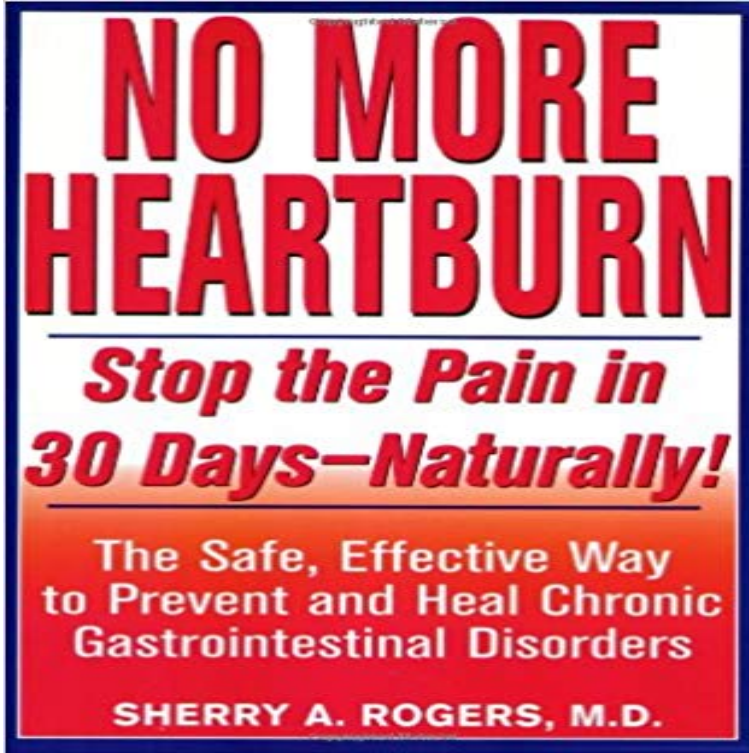


No More Heartburn: Stop the Pain in 30 Days--Naturally! : The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders



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 Medicines 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.

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