



# **The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief**

*Sonoma Press*

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**The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief** Sonoma Press  
**The Most Painless Approach to Adopting a GERD-Friendly Diet**

Break free from painful heartburn with *The Acid Reflux Escape Plan*, a practical 2-week meal plan that empowers you to control your symptoms with smart dietary choices. Unlike other acid reflux cookbooks, *The Acid Reflux Escape Plan* includes detailed shopping lists and over 100 low-acid, low-fat, GERD-friendly recipes that cut out aggravating triggers without sacrificing flavor or taste.

Detailed food lists and easy-to-understand explanations arm you against acid reflux attacks  
100 delicious low-acid, low-fat, low-irritant recipes won't trigger or exacerbate symptoms  
A step-by-step meal plan with shopping lists eases your transition to a GERD-friendly lifestyle  
A "Personal Triggers" guide helps you customize your diet to your body's unique needs

With *The Acid Reflux Escape Plan*, you're on the road to better health and a happier, symptom-free lifestyle.

## The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief Details

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# From Reader Review The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief for online ebook

## Krissy Neddo says

Useful to borrow from library so that I can expand my grocery list as I try to find snacks and meals I can enjoy without feeling like I'm starving as I eliminate food triggers like gluten, dairy, chocolate, coffee, etc.

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## Jennifer Pozner says

GERD/REFLUX FOLKS: DO NOT BUY "The Acid Reflux Escape Plan" COOKBOOK, AS IT IS A COMPLETE LIE AND MAY MAKE YOU WORSE, NOT BETTER. Here's why:

1) At first the fat content looks manageable, and the recipes look tasty. But one quick glance at the ingredients lists confirms that the author has made the suggested serving sizes so intentionally small that you would normally eat at least a double portion (and I'm someone who usually eats relatively small portions to begin with; I tend to take half my food home when I eat out). If you ate a normal portion of these recipes, you'd be eating double the fat content acceptable on GERD-restricted diets. That's the opposite of what you're supposed to do to treat/heal acid reflux.

2) The book promises "low-acid, low-fat, low-irritant recipes" that "won't trigger or exacerbate symptoms." I haven't even read more than six recipes, and of those, I've already found this to be false repeatedly. For example, the author suggests:

- \* an entire dessert based on decaf coffee. Coffee itself is acidic, so removing the caffeine does not make it safe for reflux -- in fact, coffee is considered one of the most universal reflux triggers. Again, this can exacerbate the symptoms, not heal them.

- \* fried potato pancakes (fried foods are to be specifically avoided for GERD) in a portion size that, unless you eat only a few bites -- and who does that? -- you'd not only be eating fried, you'd also be eating two to three times the fat content I was told was the limit by two doctors and one medical dietician. This makes me especially angry because I LOVE latkes, and this made me momentarily think I could have them back again. Nope. Cruel joke.

- \* There's a beef stir fry entree that, if you were to eat a small portion as your regular meal instead of a few bites of appetizer, once adjusted for regular small portion size (rather than the book's under-estimate) would give you twice the amount of fat as in a McDonald's cheeseburger.

After looking at a few recipes, I got so mad I yelled, "This author is a liar!" and threw the book across the room.

I am not a person that usually throws things. But I have been trying so hard for a month under various doctors' orders to alter my diet in ways that are SO BORING AND UNPLEASANT, and have done so because I want to heal my GERD and not worsen my hernia. I buy this book because it says it will help, only to find that if I follow it and don't eat child-size portions that would leave me hungry all the time, that the recipes here would make me more ill. This is so irresponsible and endangering to the health of people with

acid reflux, the very people meant to buy this book.

0 Stars.

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### **Amy says**

**Ok**

Not a bad book really,. I've had acid reflux for 15 years so not a lot of new information. But the recipes all look amazing and I can't wait to try some.

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### **Terri L Brown says**

#### **Very good information and classic recipes**

Anyone who suffers from here will appreciate this book. Also contains important lists of clean/dirty foods to use or avoid.

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### **Donna Katzen says**

#### **Helpful book for acid reflux**

I thought this was a good book!It really helped me by giving me direction.having a list of foods i could eat was not enough for me but Karen's recipes were simple and tasty and I felt better having this book as a guide. I took off a star because even though everyone is different some recipes have ingredients that someone with acid reflux would have an issue with so I found it a little contradictions but would still recommend this book and am happy i bought it.

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### **Gian Marco Montanari says**

#### **Helpful Book**

Good list of foods to eat and not eat, list of ph balance of foods, and recipe substitutes. Good recipes

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### **LemontreeLime says**

I -almost- gave this away, but came to my senses in time! Too many good recipes!

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