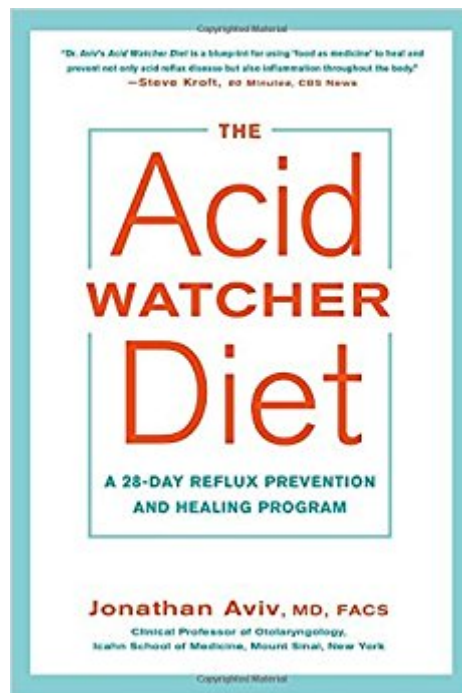




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# The Acid Watcher Diet: A 28-Day Reflux Prevention And Healing Program



## Synopsis

Dr. Aviv guides readers through healthy dietary choices with targeted recipes, helping them balance their bodies and minds for optimal health and break acid-generating habits for good. Do you suffer from abdominal bloating; a chronic, nagging cough or sore throat; postnasal drip; a feeling of a lump in the back of your throat; allergies; or shortness of breath? If so, odds are that you are experiencing acid reflux without recognizing its silent symptoms, which can lead to serious long-term health problems, including esophageal cancer. In *The Acid Watcher Diet*, Dr. Jonathan Aviv, a leading authority on the diagnosis and treatment of acid reflux disease, helps readers identify those often misunderstood symptoms while providing a proven solution for reducing whole-body acid damage quickly and easily. His 28-day program is part of a two-phase eating plan, with a healthy balance of both macronutrients (proteins, carbs, and fats) and micronutrients (vitamins, minerals, antioxidants), that works to immediately neutralize acid and relieve the inflammation at the root of acid reflux.

## Book Information

Paperback: 304 pages

Publisher: Harmony; 1 edition (January 24, 2017)

Language: English

ISBN-10: 1101905581

ISBN-13: 978-1101905586

Product Dimensions: 6.2 x 0.8 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 145 customer reviews

Best Sellers Rank: #1,244 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments #34 in Books > Health, Fitness & Dieting > Nutrition #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

"The Acid Watcher Diet both explains how the varied symptoms of acid reflux arise, and details a program for healing and prevention that can help many, if not most, people avoid the medications commonly prescribed to treat it." — Jane Brody, *The New York Times* • Dr. Aviv's Acid Watcher Diet is a blueprint for using food as medicine • to not only heal and prevent acid reflux disease but to prevent and heal inflammation throughout the body. — Steve Kroft, CBS news, 60 minutes • The Acid Watcher Diet is a great, fast read that functions as both an indispensable voice care roadmap as well as a guide to an empowering lifestyle for acid reflux

sufferers, featuring a simple healing diet that benefits not only recording artists, but everyone's overall health and well-being. • " Craig Kallman, Chairman and CEO of Atlantic Records"An illuminating book. The Acid Watcher diet is an easy-to-follow, easy-to-prepare healing diet that is vital not only to treating your acid reflux disease but also to maintaining your overall health." " John Turturro, actor-director

DR. JONATHAN E. AVIV, MD, FACS is a world-renowned physician, surgeon, educator, inventor, speaker, and author. He is the clinical director of the Voice and Swallowing Center of ENT and Allergy Associates, the largest ear, nose, and throat private practice group in the United States. He is also clinical professor of otolaryngology at the Icahn School of Medicine at Mount Sinai.

If you are reading this, you are probably one of the increasing number of people looking for relief from the epidemic known as "Silent Reflux". If so, look no further. Dr. Aviv has written the definitive prescription for relief with "The Acid Watcher Diet". It is scientifically cutting-edge research, yet immensely readable with practical advice, delicious recipes, and a 28-Day eating plan to jumpstart the healing process. If you are suffering from chronic cough, postnasal drip, hoarseness, or "heartburn" of the throat, this inexpensive book may save you thousands in Dr. visits and medications. Do yourself or a loved one a favor and check it out.

Anyone who has throat burn, a lump in their throat or difficulty swallowing MUST get this book. My acid reflux symptoms started with post nasal drip after a heavy meal fifteen years ago. Five years ago I was losing my voice for no reason at all after one or two glasses of wine, which progressed to fullness and bloating with horrible nighttime acid reflux and for the past few months along with throat burn and regurgitation. I started the diet on a Sunday and by Wednesday my issues were practically non-existent. I had just had an upper endoscopy a few months prior which came back negative. I'm so grateful for Dr. Aviv's expertise, and the healthy plan he has put together in this book. NOTHING else has ever worked for me - not PPI's, not TUMS, not apple cider vinegar (Dr. Aviv's MD insights on ACV are in the book), not paleo, not grain brain (straightforward insights on eliminating specific nutrients from your diet are also included, as well as why your body needs all macro and micro nutrients), not even other MD formulated acid reflux diets worked for me. I can not remember when I felt this good (and I'm only four days into the four week healing phase of the diet). I sleep better, have more energy, my skin looks amazing, my mood is fantastic. The best part is that I am experiencing very little chest pain (and no throat burn...that scared me so much). I hope you get this

book for yourself. This is the diet that will absolutely cure your acid reflux and heal your body. Just this past week in all news channels new research came out that said that the American junk filled diet is the biggest cause of all major diseases (heart disease, diabetes, cancer, stroke). The Acid Watcher Diet is a diet you can live off of for the rest of your life and feel good about. At the end the second phase of the diet, the healing phase, you get to add some things back into your diet that are not allow in the healing phase or the maintenance phase.

To say that last year was very difficult for me is quite an understatement. Beginning on NYE 2014, I found myself unable to swallow solid food. After multiple tests and doctors, nobody could quite figure out what was wrong. They would look in my throat, see no blockage, and shrug. One doctor recommended esophageal dilatation and was sure this procedure would solve all my swallowing issues. It didn't. It was now late August and I had gone almost a full year subsisting on smoothies, Ensure and ice cream. And my frustrated doctors began to suggest it was all in my head. It wasn't. Since none of my doctors couldn't find anything wrong, I began to see a Speech Pathologist for swallow therapy. It was working okay, and I was able to eat some solid food, but I still didn't feel "normal". After about a month, the Speech Pathologist recommended I see Dr. Aviv. Before Dr. Aviv looked inside my throat, he said, "I already know what's going to happen, because I've seen it a million times. I'm going to look at your throat, it's going to look like an IED went off in there, and we're going to cure it with food." Just like that. Totally confident. His confidence inspired mine. And I loved the idea of solving my 9 month saga with healthy food instead of drugs or surgery... but would it really work? In a word... YES! And better than I had hoped. Things I couldn't dream of swallowing just a month earlier (like salad and chicken) were sliding down nice and easily, because they weren't harming my throat on the way down. And I was eating so healthy --the healthiest I've ever eaten. Nothing processed. Just good, whole foods. And what made it easy to stay on the diet is the fact that all of the recipes are DELICIOUS. I would thank Dr. Aviv and his life-changing diet for giving me my life back, but that wouldn't exactly be accurate. I didn't return to how I was -- I was a better version of who I had been before the swallowing problems occurred, because I became so much healthier. The weight dropped off, and all these months later, my diet is almost exclusively made up of unprocessed foods. I've never felt better. I cannot thank Dr. Aviv enough, and I have recommended this book and this diet to more people than I can count at this point. It is a godsend. It saved my life.

Throughout my career as a physician, one of the primary reasons people seek my advice is to do

something about their heartburn (what we affectionately call GERD) and digestive issues. Surely, it can be the sign of something more serious, but often it becomes a quality of life issue. What if there was a way to actually prevent symptoms and perhaps alter the course of these issues? Instead of a band aid, Dr. Aviv's book will help you reverse the course and feel better! This is written by a doctor who knows a thing or two about these disorders, from his experience with thousands of patients. I highly recommend this book.

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