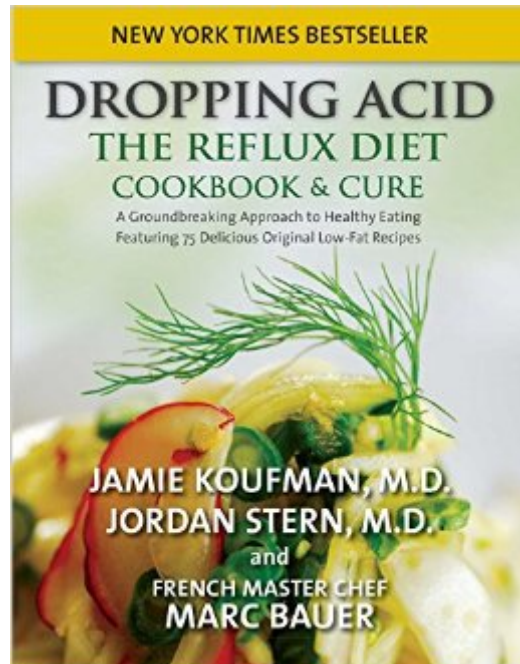


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Dropping Acid: The Reflux Diet Cookbook & Cure



Synopsis

Dr. Koufman's *Reflux Diet Cookbook & Cure* is the first book to offer a nontraditional diet to help cure reflux, as well as the best and worst foods for a reflux sufferer. Using her extensive research, Dr. Koufman defines this shockingly common disease and explains why a change in diet can alleviate some of the most common symptoms. Her recipes use tasty fats as flavorings, not just as main ingredients and include a variety of dishes that prove living with reflux doesn't mean living without delicious food.

Book Information

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Customer Reviews

It's relevant that more information is being published about this annoying problem and *Reflux Diet Cookbook & Cure* is very helpful. The book has good info about reflux and some nice recipes (although I don't cook much). Dr. Koufman mentions early on about packaged foods generally being a problem and containing a lot of acid but, I wish she would have gotten more specific about what to look for. Elsewhere I read that in the 1970's the FDA approved for preservative use in food things like: citric acid, malic acid and ascorbic acid. (and who knew 35-40 years ago that we would eventually consume SO MUCH packaged food. Almost everything in the grocery store is canned, bagged, jarred, boxed, frozen, etc.) Once I realized this I became vigilant about looking at the ingredient contents of the food I buy. Well folks, you're going to be shocked because this is where you're getting a lot of your acid intake. These preservative acids are in many canned veggies, crackers, cookies, cereals, yogurts and frozen meals....oh boy! It's crazy. Listen, I had been taking 30mg of prescription Prevacid for almost a decade. Here's what I did, starting Jan 2011: 1) Switched to

acid-free coffee (Folgers has one called: Simply Smooth)²) Eliminated all carbohydrate beverages (never drank much but, realized soda is poison)³) Consume alcohol moderately. Maybe total of 3 or 4 glasses of wine per week.⁴) Bought NOTHING that had any of those preservative acids in them. Clearly, this means more fresh food and only packaged w/o those acids!⁵) Eat chocolate and tomato-sauced foods in small amounts (tomatoes themselves have a lot of water in them so aren't a problem for me but concentrated things like pasta sauce and chili are an issue.

My husband has had chronic GERD for years without knowing it. He started having symptoms that didn't make sense around last January. He was short of breath, cleared his throat a lot, had nausea and an upset stomach, and finally passed out in the middle of the night. I found him unconscious on the bathroom floor. After months of tests his GI doctor diagnosed him with Barrett's syndrome, a precancerous condition of the esophagus, but he couldn't explain the respiratory involvement. Worse yet, the only solutions offered were very invasive - surgery to remove the abnormal cells or light therapy with not the best chance of success. We needed a second opinion and we found Dr. Koufman. She ran different tests that tracked his acid level during an entire day of activities, including while eating, sleeping, coughing, everything. My husband had an enormous amount of acid and was refluxing all the way up to his larynx. The standard course of treatment from the GI doctor included a one-a-day medication that did not last the full 24 hours for my husband, so since he took it in the morning, it stopped working while he was sleeping, in the worst position for reflux to again attack the esophagus that was trying to heal all day. Within a couple of days of meeting Dr. Koufman, my husband was on the strict phase of the diet. It wasn't easy since he was previously working in the wine trade and had to completely stop drinking wine, coffee, pretty much everything except water, milk, aloe juice and chamomile tea. She also changed his medications to better control the condition over 24 hours. Within about 3 weeks, he started feeling noticeably better. After a couple of months, he went back for more tests and his condition had improved dramatically.

Don't let the glossy photographs of the recipes in this book fool you. Cleverly disguised as a cookbook, this book is both sophisticated and scientific in presenting a groundbreaking view of an approach to a highly misunderstood and under-diagnosed condition--acid reflux. (Of course, it is also a terrific cookbook.) By teaming up with Master Chef, Mark Bauer, Drs. Koufman and Stern, present not only a persuasive treatise as to how, when and why the modern American diet is literally "eating us alive." This book is also a specific, dietary road map that can help those afflicted. Brilliant in structure, the book starts with what every patient wants to know, "How can you fix me, doc?" The

"Cure" is then presented through the journey of discovery that these physician-scientists completed over many decades. This book is written with the patient, the layperson, in mind. The authors ably explain the complexities of how acid reflux from the stomach results in tissue damage and symptoms not only in the stomach and esophagus, but all up and down the airways, causing a variety of conditions one would not ordinarily associate with a "GI" disease. Asthma, sinusitis, vocal symptoms and chronic cough, to name but a few, all can be caused by acid reflux. Several important new discoveries are highlighted and tied together early on, making the case for following the dietary recommendations made less onerous with delicious appearing, albeit slightly sophisticated, recipes. The critical role of pepsin was discovered by Dr. Koufman; and it is unfortunately poorly understood by many physicians treating these patients.

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