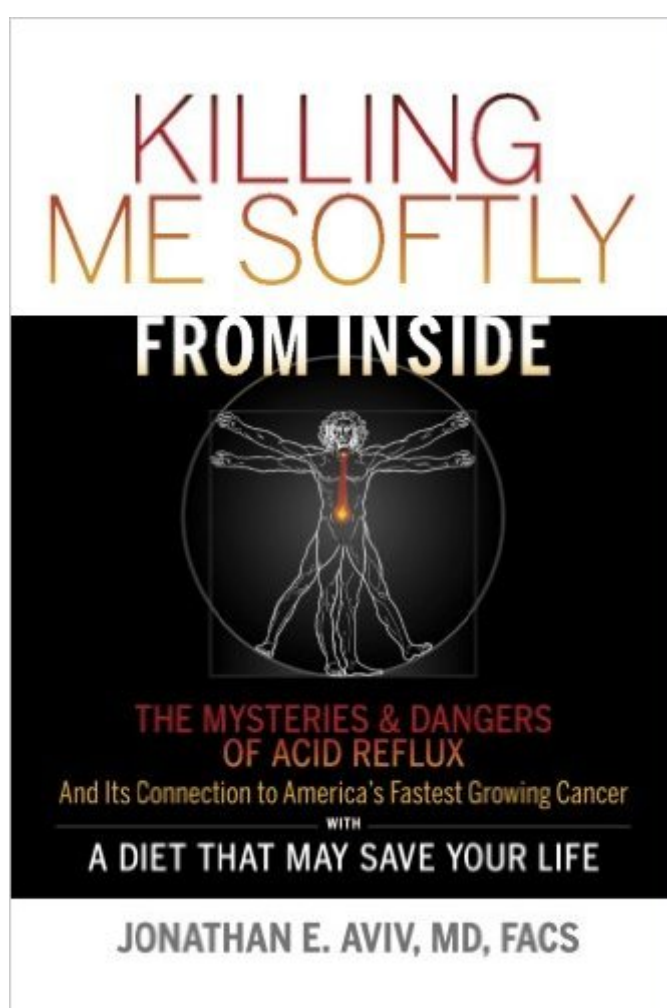


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# **Killing Me Softly From Inside: The Mysteries & Dangers Of Acid Reflux And Its Connection To America's Fastest Growing Cancer With A Diet That May Save Your Life**



## Synopsis

Most of us think of acid reflux disease as something annoying, a nuisance. When someone hears the words "acid reflux" they generally think of it as the symptoms of stomach bloating, stomach gas and heartburn, usually caused by eating spicy food late at night. Often, we treat our heartburn by going to the local drugstore and buying over the counter medications such as Tums, Alka-Seltzer, Maalox, and Pepto-Bismol. "Plop plop, fizz, fizz the heartburn goes away so now I can continue on with my day." Alas, how we all wish it was that simple. The fact is that tens of millions of people have acid reflux without heartburn. How could that be? Dr. Jonathan E. Aviv, MD, FACS, a world-renowned physician, surgeon, educator, and inventor, and one of the leading authorities on the diagnosis and treatment of acid reflux disease, cough, and voice and swallowing disorders, draws upon his decades of medical experience, both in and out of the operating room, to bring you the real story of acid reflux disease and its devastating impact on the general public. He explicitly and meticulously connects the extremely acidic, highly processed "food" Westerners eat, to acid reflux disease, and ultimately to esophageal cancer. This connection is a startling breakthrough and Dr. Aviv provides a solution with his Acid Watcher® Diet, a unique dietary program that combines low acid foods along with the three macro-nutrients with a high fiber component, to make delicious, healthy meals, designed using easy to follow recipes and meal plans, to keep your body acid free while maintaining excellent health for years to come. Killing Me Softly From Inside is not just another medical self-help book, it may very well be a prescription that can one day save your life.

## Book Information

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## Customer Reviews

As a public speaker my hoarse voice and swallowing problems were of great concern. Yet, I had no obvious symptoms of heartburn so I couldn't understand previous doctors talking to me about GERD and trying to get me to take Nexium. Reading through the first chapter or so of Dr. Aviv's book convinced me that my symptoms were caused by silent acid reflux. Since I live in the NY area I decided to try and get an appointment with Dr. Aviv. Surprisingly, the office gave me an appointment within a few days of my initial call. This was encouraging since I had been dealing with various doctors, unsuccessful treatment plans, and negative reactions to reflux medication for two years as my symptoms worsened. Within minutes of sitting down, Dr. Aviv had a clear (and painless) picture of my very swollen and otherwise damaged vocal folds. The confirmation of silent reflux was expected and finally gave me confidence that a treatment plan could be devised. I resisted going back on heartburn medicine and asked Dr. Aviv if it would be acceptable to take the first six weeks without medication just to see how I do. He graciously agreed. I rigorously followed the Acid Watcher Diet from Dr. Aviv's book. After 6 weeks, my follow up appointment revealed great progress (swelling was down, mucus was reduced, and hoarseness was improving). I was grateful that my TNE helped us alleviate concerns about more serious conditions. I continued on the Acid Watcher Diet (without deviation) until my next appointment (6 weeks later). At that appointment, even more progress--hoarseness almost completely gone, even less mucus, swelling markedly improved, and my swallowing problems were resolved.

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