



The BaselineDiet: 5 Days to Control Your Acid Reflux

Greg Dudish

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The BaselineDiet: 5 Days to Control Your Acid Reflux is the first book and diet specifically designed to immediately help you with your acid reflux and provide a process to systematically find your acid reflux trigger foods - giving you the power to understand your acid reflux. Whether you are a chronic sufferer trying stop taking the pills you have been taking for years or if you are recently diagnosed and don't know where to start, this book has been designed for you.

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