

THE ACID WATCHER DIET

A 28-Day Reflux Prevention and Healing Programme

DR JONATHAN AVIV

A groundbreaking book showing how to heal acid reflux and cure the uncomfortable health issues it provokes.

DESCRIPTION

Do you suffer from abdominal bloating a chronic, nagging cough or sore throat, post-nasal drip, a feeling of a lump in the back of your throat, allergies, or a shortness of breath? If so, odds are that you are experiencing acid reflux without recognizing the silent symptoms. In *The Acid Watcher Diet*, Dr Jonathan Aviv, one of the leading authorities on the diagnosis and treatment of acid reflux disease, helps readers identify those silent symptoms and provides his proven solution for reducing whole-body acid damage quickly and easily. Even without the presence of heartburn or indigestion, more than 60 million people are suffering from acid-related disorders that are undetected or untreated - and leading to long-term health problems, including the rapid rise of esophageal cancer. Since there are no outward signs of acid damage and the typical symptoms might not be recognized, until now you might not have known how pervasive acid reflux is or that you have it.

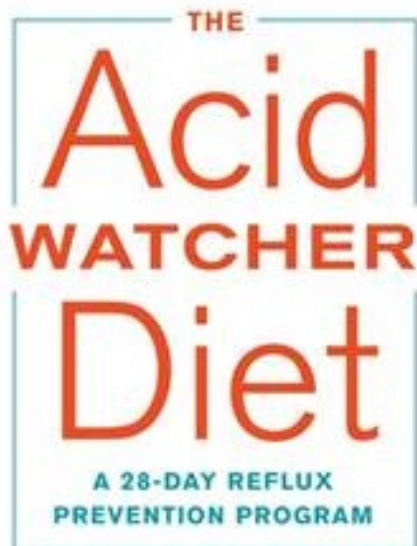
Dr Aviv's 28-day programme includes a two-phase eating plan, menu guide and recipes, and works to immediately neutralize acid, stabilize pH levels and relieve the inflammation at the root of acid reflux. Dr Aviv's Power of Five rule will help readers discover the key foods that offer fast relief, and his Daily Six will reveal the foods to avoid (onion, tomato, citrus and more).

SALES AND MARKETING

- Acid reflux is a popular topic that is increasingly gaining recognition and attention in the health and wellbeing fields. This book reveals how acid reflux is the cause of many common health problems, and shows how we can regulate it to heal other health concerns naturally, with long-term benefits.
- The author has a strong platform with 38K followers across his sites.
- Author is one of the leading authorities on the diagnosis and treatment of acid reflux disease, cough, and voice and swallowing disorders. He has been featured in Best Doctors in America for 11 consecutive years.
- 'Dr Aviv elegantly shares insights and solutions that will turn our approach to this common affliction on its head.' - Dr Mehmet Oz

AUTHOR BIOG

Dr Jonathan E. Aviv is a world-renowned physician, surgeon, educator, inventor, speaker and author, as well as a lifestyle integrative health and wellness expert. Dr Aviv's medical practice, of which he is the clinical director and founder of its Voice and Swallowing Center, is the largest ear, nose and throat (ENT) private practice group in the United States. He is also clinical professor of otolaryngology at the Icahn School of Medicine at Mount Sinai and an attending physician at the Mount Sinai Hospital in New York. He is the former director of Head and Neck Surgery at Columbia University.



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