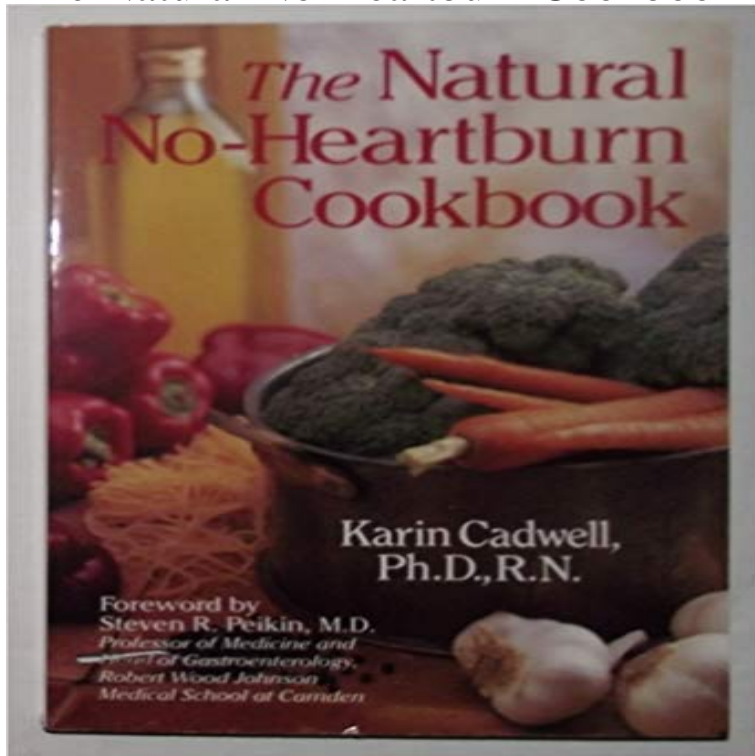


The Natural No-Heartburn Cookbook



All these recipes use foods that have been found to reduce stomach acid. This book shows how people can educate themselves to eat to control heartburn, lowering fat, increasing fibre, reducing spices and finding out which foods to stay away from to avoid acid attacks. Recipes include banana bread, chicken marsala, creamy carrots and beef stew.

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