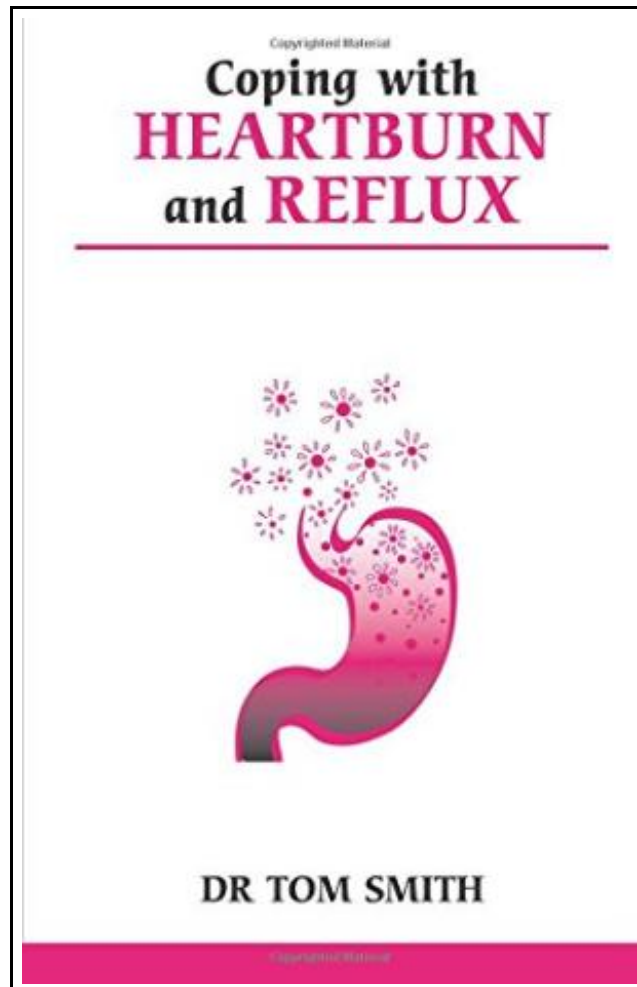


Copping with Heartburn and Reflux



Filesize: 2.58 MB

Reviews

*A must buy book if you need to adding benefit. It is actually rally fascinating throgh studying time. Your way of life span will likely be transform as soon as you complete looking over this publication.
(Ms. Bernice Rolfson)*

COPING WITH HEARTBURN AND REFLUX



SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Heartburn and Reflux, Tom Smith, This book offers advice and support for unpleasant digestive symptoms. Heartburn and reflex are all too common, affecting up to 20 per cent of people in all Western countries at any one time. Known as gastro-oesophageal reflux disease (GORD), this unpleasant condition is on the increase, due to our obesity epidemic, frenetic lifestyle, and rushed eating habits. "No wonder that I see roughly one person in every other surgery with the symptoms of reflux disease," says Tom Smith. "That extrapolated to the whole country is a very high proportion of the population - many millions. And they are only the tip of the iceberg - most people with heartburn self-treat, and never bother to see their doctor. This book has a very large potential readership." Subjects covered include: the normal stomach and oesophagus, when things go wrong, diagnosis, treatment, how to help yourself, hiatus hernia, heart conditions that mimic GERD, complications such as Barret's oesophagus and when to worry, and surgery.



[Read Coping with Heartburn and Reflux Online](#)



[Download PDF Coping with Heartburn and Reflux](#)

You May Also Like



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

[Read Book »](#)



Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book...

[Read Book »](#)



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

[Read Book »](#)



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Read Book »](#)



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Read Book »](#)