



**The Heartburn Bible: Your Family's Complete Guide to Acid Reflux Disease (GERD) and the Simple Four Step Program that Can Help You Beat It Forever (The Jefferson Adams Medical Library Book 1)**

*Dr. N. J. McArthur*

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Dr. McArthur starts with a simple belief: that no one needs to suffer from the pain of acid reflux. Acid reflux disease (GERD) affects over twenty million Americans, and that number is growing. Though reflux sufferers often try to ignore the pain, the disease has a big impact on their lives, as well as those of their families. But thanks to recent medical advances, nearly everyone with reflux can lead a normal, pain-free life. All you need is the confidence that you can beat the disease, and the knowledge of how to do it. This book helps provide you with both.

The author is both a research professional and a reflux sufferer, and his first-hand experience enlivens the text. In language that is easy to understand, he provides a concise but comprehensive survey of the disease, its diagnosis, and the simple four step program that holds the key to treating it, all based on the latest scientific knowledge. He discusses how the disease affects children, pregnant women, and the elderly, and how it interacts with other conditions, such as irritable bowel syndrome (IBS) and asthma. And he considers the role of natural remedies, acupuncture, and dietary supplements. Dr. McArthur's book is your one-stop guide to understanding and beating the disease.

About the publisher:

The Jefferson Adams Medical Library aims at healing through education. We are dedicated to providing the public with accurate, up-to-date and accessible information on common diseases and medical conditions, based on the latest scientific research and clinical best practices. Our mission is to make this information as widely available as possible through affordable, readable publications covering all aspects of their respective topics in a format designed for general readers. We use an existing endowment to help cover costs, which keeps our book prices low so we can reach as many people as possible. We consult regularly with doctors, researchers and patients to ensure the accuracy and effectiveness of our publications, and we welcome feedback from readers and medical professionals.

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