



# Your Nutrition Solution to Acid Reflux: A Meal-Based Plan to Help Manage Acid Reflux, Heartburn, and Other Symptoms of GERD

*Kimberly Tessmer*

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# **Your Nutrition Solution to Acid Reflux: A Meal-Based Plan to Help Manage Acid Reflux, Heartburn, and Other Symptoms of GERD**

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Easy-to-follow meal plans to help get you started to life without the symptoms of acid reflux.

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