



# Acid Reflux and GERD 120-Day Food Journal

*Daniel Saiers*

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## **Acid Reflux and GERD 120-Day Food Journal** Daniel Saiers

Acid reflux and GERD symptoms have certainly been experienced for years. The frequency and number of people affected in the last 30 years with autoimmune disorders and gluten sensitivities, is what has become most alarming. Visit any drugstore and you'll see tall displays touting the latest antacids and OTC proton pump inhibitors. Visit any grocery store and you'll see item after item advertising gluten-free ingredients. Individuals of every age and socioeconomic status can be affected by Acid reflux, GERD (Gastrointestinal Reflux Disease), and gluten sensitivities. These disorders inhibit the simplest functions in life. Those afflicted with the conditions cannot sit down and enjoy a meal without experiencing mild to extreme discomfort. Doctors are not readily diagnosing Leaky Gut and Gluten Sensitivity, opting instead to prescribe medications for Acid Reflux and GERD that oftentimes mask the true cause of abdominal discomfort due to autoimmune disorders. The Acid Reflux and GERD 120-Day Food Journal, is easy to understand and complete. For those creating gluten-free, alkaline, and/or organic grocery and farmers market food lists, the food journal will allow sufferers to get a handle on which foods, drinks, medications, and habits are causing the most trouble. Identifying the culprits will allow you to eliminate them from your diet and lifestyle, lessening or altogether eliminating discomfort, leaky gut, grain brain, and gluten sensitivities. This food journal may also be useful for those on the GAPS diet, those with Leaky Gut Syndrome, Gluten Sensitivities, Ulcerative Colitis, IBS (Irritable Bowel Syndrome), and Crohn's Disease. It's great as a companion food journal for those using GAPS Diet Cookbooks and recipes, those trying to alleviate Grain Brain, and eliminate Leaky Gut symptoms.

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