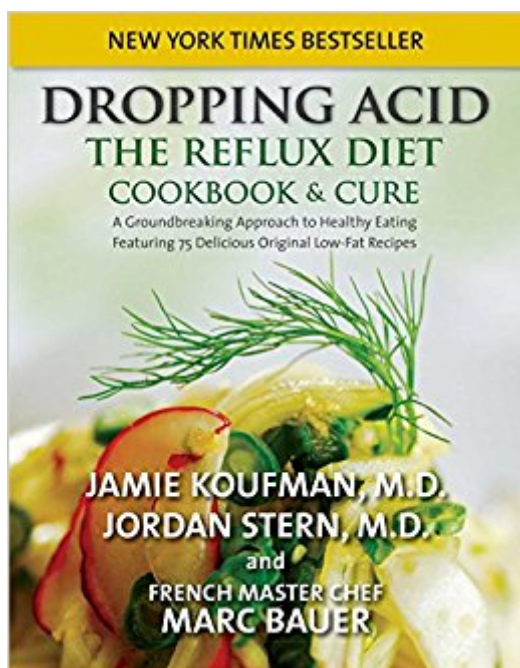


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# Dropping Acid: The Reflux Diet Cookbook & Cure



## Synopsis

**Dropping Acid: The Anti-Reflux Diet Cookbook & Cure** is the first book to offer a nontraditional diet to help cure reflux, as well as the best and worst foods for a reflux sufferer. Using her extensive research, Dr. Koufman defines this shockingly common disease and explains why a change in diet can alleviate some of the most common symptoms. Her recipes use tasty fats as flavorings, not just as main ingredients and include a variety of dishes that prove living with reflux doesn't mean living without delicious food.

## Book Information

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## Customer Reviews

Meeting Dr. Jamie Koufman completely changed my life. My symptoms of chronic cough and shortness of breath had been diagnosed since my childhood as asthma. Dr. Koufman identified that I had reflux, not asthma, and guided me step by step how to cure it. I have my life back and I owe it all to Dr. Koufman's insight and help. -Suze Orman, Host of the Suze Orman Show, CNBC

"Dr. Jamie Koufman is the pre-eminent reflux physician-scientist in the world. This cookbook is the culmination of the many years of her dedicated work on the subject of laryngopharyngeal reflux, focusing on how patients can modify their diets to better treat this insidious condition." Ramon A. Franco Jr., M.D. Director, Division of Laryngology Harvard Medical School "Dropping Acid is a culinary masterpiece with the potential to transform the treatment of reflux disease. It is another breakthrough from Dr. Jamie Koufman, one of the most innovative minds in medicine." Peter Belafsky, M.D., Ph.D. University of California Davis "Dr. Jamie Koufman has rekindled for us the

physiologic link between the stomach and throat. Her contributions have redirected science and benefited the care of millions." Clarence Sasaki, M.D. Director, Head & Neck Unit Yale School of Medicine

It's relevant that more information is being published about this annoying problem and Dropping Acid is very helpful. The book has good info about reflux and some nice recipes (although I don't cook much). Dr Koufman mentions early on about packaged foods generally being a problem and containing a lot of acid but, I wish she would have gotten more specific about what to look for. Elsewhere I read that in the 1970's the FDA approved for preservative use in food things like: citric acid, malic acid and ascorbic acid. (and who knew 35 -40 years ago that we would eventually consume SO MUCH packaged food. Almost everything in the grocery store is canned, bagged, jarred, boxed, frozen, etc.) Once I realized this I became vigilant about looking at the ingredient contents of the food I buy. Well folks, you're going to be shocked because this is where you're getting a lot of your acid intake. These preservative acids are in many canned veggies, crackers, cookies, cereals, yogurts and frozen meals....oh boy! It's crazy. Listen, I had been taking 30mg of prescription Prevacid for almost a decade. Here's what I did, starting Jan 2011: 1) Switched to acid-free coffee (Folgers has one called: Simply Smooth) 2) Eliminated all carbohydrate beverages (never drank much but, realized soda is poison) 3) Consume alcohol moderately. Maybe total of 3 or 4 glasses of wine per week. 4) Bought NOTHING that had any of those preservative acids in them. Clearly, this means more fresh food and only packaged w/o those acids! 5) Eat chocolate and tomato-sauced foods in small amounts (tomatoes themselves have a lot of water in them so aren't a problem for me but concentrated things like pasta sauce and chili are an issue.) After a couple of months of eating like this I had the courage to start trailing off the Prevacid. Well, I'm still surprised and thrilled to report that \*\* I have almost no symptoms anymore! \*\* If I overdo it a bit (example: consume tomato sauces and wine OR chocolate and wine in the same meal) I'll feel it a bit (burping, bloating). I now take a couple of over-the-counter Prevacid pills per week; sort of to keep things in balance. At least I'm thinking about it that way because I still can't believe that this worked. My God, all the money I would have saved on those prescriptions and the discomfort I could have avoided! Anyhow, I hope this info is useful to others. Give it a whirl; it's worth the shot. \*\*UPDATE: May 2014 - Glad people are finding my review helpful. I need to add that I had not yet realized when I wrote the original review that fruit juices can be very tough on a stomach with acid sensitivity. That sounds like a no-brainer but I didn't know it and loved drinking cranberry and apple juices mostly (not citrus, I knew I couldn't tolerate that). Well, when I eliminated regular consumption of fruit juices

was a BIG improvement. I take no acid reflux meds at all now. You just have to figure out what your trigger foods are and ditch them!

This book has a lot of good information about acid reflux, but the recipes leave much to be desired. "The Acid Escape Plan" has the same information, and I liked the recipes a lot better. I've already made several meals from that book and they were all great and well-received. I didn't find the recipes in this one very practical, and the dishes themselves are a bit hoity-toity for my tastes. I mean... "Prosciutto-Wrapped Asparagus CrÃ¢fÆ'Ã Ââpes"? "Vegetable and Rice Tofu"? Some of the dishes looked okay but then I saw the mile-long ingredient lists and unnecessarily complicated instructions. They managed to stretch the instructions for making a mushroom omelet into almost a whole page. If you're aspiring to be a chef or watch the cooking shows all the time then maybe this would work for you, but if you're a working woman like me looking to make time-efficient meals for your family with ingredients that you tend to keep in your kitchen anyway, then there are better books out there.

My husband has had chronic GERD for years without knowing it. He started having symptoms that didn't make sense around last January. He was short of breath, cleared his throat a lot, had nausea and an upset stomach, and finally passed out in the middle of the night. I found him unconscious on the bathroom floor. After months of tests his GI doctor diagnosed him with Barrett's syndrome, a precancerous condition of the esophagus, but he couldn't explain the respiratory involvement. Worse yet, the only solutions offered were very invasive - surgery to remove the abnormal cells or light therapy with not the best chance of success. We needed a second opinion and we found Dr. Koufman. She ran different tests that tracked his acid level during an entire day of activities, including while eating, sleeping, coughing, everything. My husband had an enormous amount of acid and was refluxing all the way up to his larynx. The standard course of treatment from the GI doctor included a one-a-day medication that did not last the full 24 hours for my husband, so since he took it in the morning, it stopped working while he was sleeping, in the worst position for reflux to again attack the esophagus that was trying to heal all day. Within a couple of days of meeting Dr. Koufman, my husband was on the strict phase of the diet. It wasn't easy since he was previously working in the wine trade and had to completely stop drinking wine, coffee, pretty much everything except water, milk, aloe juice and camomile tea. She also changed his medications to better control the condition over 24 hours. Within about 3 weeks, he started feeling noticeably better. After a couple of months, he went back for more tests and his condition had improved dramatically. This all

happened before the book was published and when it came out he was so excited by the recipes. What a difference it has made to be able to enjoy gourmet-style food after months of just obeying a list of forbidden foods. Now his condition has almost completely reversed, he has lost 35 pounds, and he is able to start adding things back in, like Gala apples. Although a life-threatening disease is never a good thing, this experience has changed life for our entire family. Dr. Koufman's care and now her invaluable book have not only turned around my husband's condition and allowed him to take charge of his health, but the delicious recipes have allowed him to enjoy food again without feeling like he is stuck with a life-sentence of bland.

The information is well presented as far as the breakdown of reflux. My only issue is that you better have a excellent knowledge of cooking techniques when trying the recipes. While they are very flavorful, the instructions are often missing important details like time, temp, and technique.

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