



How to Eliminate Heart Burn and Acid Reflux Naturally - Health Learning Series (Paperback)

By M Usman, John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How to Eliminate Heart Burn and Acid Reflux Naturally - Health Learning Series Table of Contents -Introduction Section one: -What is heart burn? -Symptoms of heart burn. oIn adults oIn children -What are the causes of heart burn? Section two: -How to get rid of heart burn? oLife style changes. oHome remedies for heart burn. oHerbal treatment for heart burn. oMedication for heart burn. oPosture changes while sleeping. oPosture changes while eating. oStress management and heart burn. oSurgical treatment for heart burn Introduction Are you clueless how to get rid of heart burn? Do you need help overcoming the burning pain you experience before or after eating your meals? Is heart burn ruining your life? No matter how old your problem of heart burn may be, How to get rid of heart burn and Acid Reflux Naturally gives you a quick review of all homemade, herbal, allopathic and surgical remedies for heart burn. Each chapter of this book gives you a deep insight to the basic causes of heart burn and helps answer your basic question How to get rid...



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