

THE ACID REFLUX STRATEGY

The Acid Reflux Strategy PDF Book by Scott Davis

The Acid Reflux Strategy PDF Book by Scott Davis... It is NOT about avoiding certain foods and choosing others. It's the food combinations in your meals that are much more important.



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Scott Davis, author of The Acid Reflux Strategy PDF book, taught me six simple fundamentals for food combination for acid reflux. Using these fundamentals, I'm actually able to eat lots of foods that previously would have caused terrible bloating attacks.

I just avoid combining these “bad foods” with other foods that promote heartburn. Next step...

The huge misunderstanding about stress and acid reflux:

You know the saying: “having a knot in the stomach” when someone is stressed or in dread.

It’s no wonder because when you are stressed or anxious, you feel it in your guts, right?

It’s like your intestines are twisted and turned?

Now, when acid reflux bloats your stomach, it tricks your body into thinking you’re under major stress — even when there is nothing to stress about (other than the pain, of course).

This triggers your brain to release a ton of stress hormones.

This causes you to feel even more stressed, which again gives you that knot-in-the-stomach feeling and triggers acid reflux.

It’s a vicious circle of heartburn and stress.

That’s why traditional stress management doesn’t ease acid reflux.

In The Acid Reflux Strategy PDF Book, Scott Davis taught me four powerful techniques, each of which taking only two to three minutes and focuses on the mind/stomach relationship.

I began using these techniques anytime I sensed a small tension in my stomach.

And the results were remarkable:

Over and over again, tensions that would have transformed into full-blown reflux before would melt away as I did the stress release exercises.

All I was left with were this great energy flow and light joy in my guts.

Combining Scott's simple mixture, his food plan, and his easy stress relief techniques when needed gave my guts a much-needed rest.



Over the coming weeks, I began experiencing a flow of energy in my guts that I hadn't felt before.

The heaviness and pressure I would usually have after eating were gone.

Instead, I felt uplifted and energized.

At some point, choosing the right food and food combination became second nature. I don't even think about it anymore.

Plus, it doesn't matter if I cheat a little once in a while. It doesn't send me into full-blown heartburn.

When going out to eat and I know I'm going to consume something I shouldn't, I take four or five minutes to brew up Scott's remedy included in The Acid Reflux Strategy PDF Book and experience no heartburn problems.

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Best of all: I feel like a normal person again. It's such a relief not dreading going out with friends because you are that weird guy who can't eat or drink the same as others.

I can order normally without having to interrogate the waiter about the ingredients in the food. And I can have a drink or two without fretting the night. Now, it's your turn...

Recently, Scott began working with natural health publishing company Blue Heron Health News to spread his knowledge.

They published the same three-step strategy Scott gave me inside The Acid Reflux Strategy PDF Book:

1. Take the simple home remedy (plus the 11 herbs that supercharge it) to stop acid reflux in its tracks.
2. Identify the foods and the food combinations that trigger acid reflux.
3. Address the "knot in the stomach" using simple stress relief techniques.

In addition, he included a chapter specifically focused on pregnant women and acid reflux.

Another chapter focuses on infants and children experiencing heartburn.

I highly recommend inside The Acid Reflux Strategy PDF Book by Scott Davis for anyone suffering from acid reflux, GERD, or heartburn.

Imagine the relief if your acid reflux was gone TODAY!

If you would sleep through the night without gasping for air, stomach cramps, or throat burning and wake up without upset stomach burping (or even throwing up)...

Wouldn't that be wonderful?

Whether you experience complete relief tonight or not, I recommend you drink Scott's remedy every day for a few days.

Then, you can move on to steps two and three in his strategy.

It's bad enough to go through another agonizing day with acid reflux when you know there is something that could help you, isn't it?

Not being able to eat anything you like

Being kept up half the night with a burning throat and a bloated stomach
Having an almost guaranteed ulcer down the road (if not already)

These are bad enough on their own.

But add to this the knowledge that your heartburn is putting you at over one thousand three hundred percent increased risk of six types of fatal cancers.

That makes it pretty likely that you will get one of those cancers if you don't tackle your heartburn today.

Plus, knowing that the common medications available for acid reflux cause kidney failure, stroke, dementia and stomach cancer.

Worst of all: This can happen any day! One minute, you're fine. The next, you're coughing blood and rushing to a hospital with stage five throat cancer. And you know that as you're lying in the ambulance, you will be thinking you should have done something about your acid reflux sooner.

You know you will! You still have time today, unlike at that point, it will be too late. The time to act is NOW!

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