



# The 30 Day Heartburn Solution: A 3-Step Nutrition Program to Stop Acid Reflux Without Drugs

By Craig Fear

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## The 30 Day Heartburn Solution: A 3-Step Nutrition Program to Stop Acid Reflux Without Drugs By Craig Fear

### Are You Ready to Overcome Heartburn FAST?

Nexium, Zantac, Rolaids, Tums...have you tried all the drugs only to be on higher and higher doses and still experiencing heartburn? Have you heard the common nutrition advice—eat less fat, stop overeating, eliminate triggers (like delicious chocolate and wine)—and heeded it, only to be let down by your results? Maybe your symptoms, in fact, are getting worse. And this is exactly the problem with conventional treatments. They can free you of acid refluxing into your esophagus, but they often do so at the expense of your long-term health. They fix one problem but in the process cause a multitude of other ones for which more drugs are often prescribed.

### Heartburn-Free Without the Drugs

You may be ready to ditch the drugs and conventional solutions and find a natural solution for your persistent heartburn...but what's the answer? How about a 30-day plan that will eliminate heartburn and do a lot to reduce other complaints, like bloating, inflammation, fatigue, weight gain, nausea, constipation, gallbladder problems, and irritable bowel syndrome (IBS), to name a few? And unlike acid-blocking drugs, this plan is designed to make you healthy, not just take away your symptoms.

### Welcome to Your Pain-Free Life

Author Craig Fear, a Nutritional Therapy Practitioner and owner of Pioneer Valley Nutritional Therapy in Northampton, Massachusetts, offers a simple 3-step solution here in *The 30-Day Heartburn Solution* that will have your digestion running smoothly in no time—pain-free. And no more drugs! This 30-day plan uses real food to heal your body. Learn the simplest meal planning method ever for having delicious meals all week long. No more getting overwhelmed by the 21 different things you need to make that week, like you'll find with other meal plans. Most see reduced symptoms in as little as a few days

or weeks. You've got nothing to lose but your heartburn!

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### **Editorial Review**

#### **About the Author**

Craig Fear is a certified Nutritional Therapy Practitioner (NTP) with a practice, Pioneer Valley Nutritional Therapy, located in Northampton, Massachusetts. He holds a degree in biology from the University of Mary Washington, but his interest in nutrition didn't take hold until many years after he graduated. After exploring life and moving to Homer, AK for a few years and then traveling to various places such as Thailand, India, and Burma, Craig became interested in eastern spirituality and began to practice yoga and meditation. After becoming a vegetarian for many years he started to develop chronic digestive issues and occasional heartburn. It was then Craig decided to give up on being a vegetarian and explore nutrition aiming to stop heartburn and its many related digestive symptoms. His success led him to become a Nutritional Therapist and share his knowledge in this book.

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