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Heartburn: Extinguishing the Fire Inside

By Thomas J. Nesi

W. W. Norton & Company. Paperback. Condition: New. 192 pages. Dimensions: 8.2in. x 5.5in. x 0.6in. Many individuals who suffer from heartburn think this is not an important disease and are afraid to talk with their physicians. I hope this book will open their eyes. What's more, the book is truly a delight to read! Joel E. Richter, M. D., The Cleveland Clinic Foundation Help is here--now and in the long term--for heartburn sufferers. This is the first book for general readers about treating and preventing one of America's most widespread medical problems. Much of the advice in Heartburn comes from the frontiers of medicine. It dispels myths about heartburn, calms fears, and points sufferers toward correct diagnosis and therapies. If you're a sufferer you should know: how and why acid reflux disease (heartburn) has come to be known as The Great Masquerader; what is the best medication for you; how antacids can help you and how they can sometimes harm you; why you may be taking the wrong dosage of your present medication or taking it at the wrong time; how to tell if your asthma, hoarseness, or chest pain is related to reflux disease; how lifestyle changes can...

Reviews

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that I am sure that I am going to go through once more again in the future. I am happy to explain how this is the very best book I have read through in my individual lifestyle and may be the best publication for at any time.

-- Estrella Howe DVM

Complete manual! It's such a great study. It really is written in straightforward phrases rather than hard to understand. You are going to like the way the article writer created this publication.

-- Ike Fadel