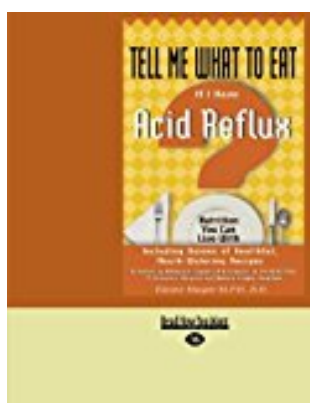


# [PDF] Tell Me What To Eat If I Have Acid Reflux

Elaine Magee - pdf download free book

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#### Books Details:

Title: Tell Me What to Eat If I Have  
Author: Elaine Magee  
Released: 2008-08-21  
Language:  
Pages: 216  
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#### Description:

**From School Library Journal** Grade 9 Up—Magee has a reassuring tone to her writing, affirming that a qualified expert is behind this series. Each book presents summaries within the context of real-world situations (questions to ask physicians, how to navigate supermarket aisles, what to order at a restaurant). This approach results in worthy information and delicious recipes, but other than a brief acknowledgement that some of the diseases may manifest in late adolescence, there are no

discernible indicators that teens factor much in the target audience. There are no photographs and diagrams, demonstrating that the series may be best recommended to those who are specifically interested in the disease and are looking for workable lifestyle changes to allay their symptoms. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the edition.

**About the Author** Elaine Magee, M.P.H., RD, is the author of the celebrated syndicated column, "The Recipe Doctor." Elaine is a regular contributor to Parenting and Woman's Day magazines and the author of 18 books on nutrition and cooking, including The Recipe Doctor as well as the previous books in the Tell Me What to Eat Series, which includes books on diabetes, irritable bowel syndrome, colon cancer, breast cancer, and menopause. She also has her own Web site [www.recipedoctor.com](http://www.recipedoctor.com), and contributes to several Web sites including [www.dietriot.com](http://www.dietriot.com).

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