

# **The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes For Effective Natural Remedy In The Treatment, Prevention And Cure Of Gastritis And Acid Reflux By Colleen Colman**

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**diet for gastritis - acid reflux cure** - For too long now doctors have been recommending a bland diet to help prevent or cure gastritis. In fact a bland diet, more often than not, isn't good for gastritis or

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**acid reflux & gastritis** - Jul 17, 2010 Acid Reflux & Gastritis Last Updated: Jul 18, 2010 | By Denise Hamilton. Acid reflux and gastritis involve inflammation of the esophagus or stomach.

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