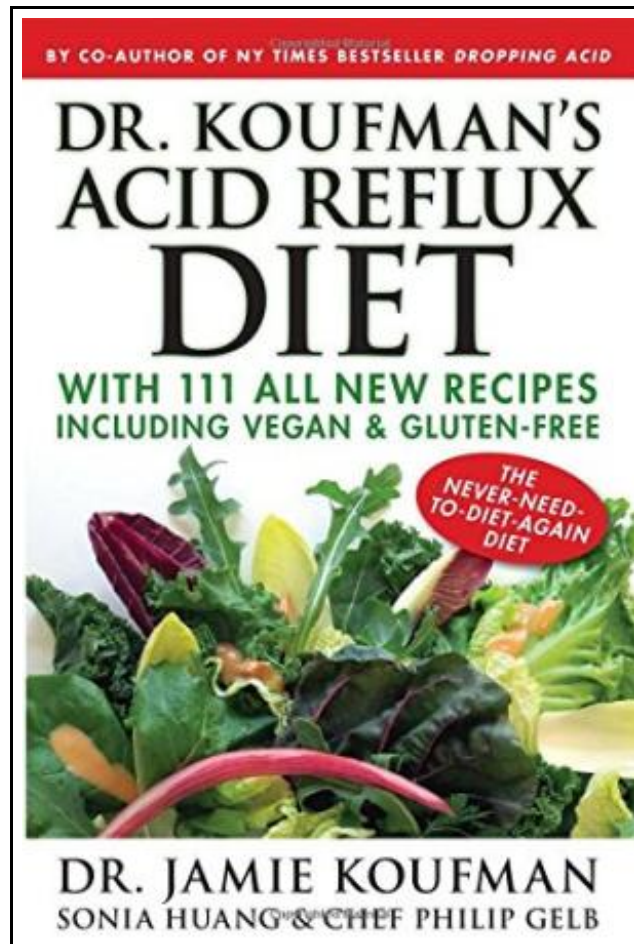


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Katalix Publishing, United States, 2015. Hardback. Book Condition: New. 236 x 160 mm. Language: English . Brand New Book. Dr. Koufman s Acid Reflux Diet is the latest book from Jamie Koufman, M.D., author of the New York Times bestselling Dropping Acid: The Reflux Diet Cookbook Cure. Dr. Koufman s Acid Reflux Diet is the latest book from New York Times bestselling author, Dr. Jamie Koufman, M.D. It is a companion book to Dropping Acid: The Reflux Diet Cookbook Cure, which first introduced attainable strategies for restoring respiratory and digestive health through a scientifically-based nutritional program. Dr. Koufman s Acid Reflux Diet extends those lessons for a lifetime emphasizing lean, clean, green, and alkaline eating. The book also highlights how to recognize your reflux trigger foods, how to get off reflux medication, and how to lose weight the right way and keep it off. Dr. Koufman s Acid Reflux Diet includes 111 amazingly delicious and original vegetarian and gluten-free recipes. Sample Recipes Roasted Cauliflower Watercress Chowder Makes 4 servings Vegetarian, Dairy-Free, Gluten-Free Ingredients 1 head cauliflower, diced (small, bite-sized pieces) 1/2 pound or 2 medium potatoes, diced (small, bite-sized pieces) 1 stalk celery, finely diced 1 carrot, minced or finely diced 1/2 teaspoon sea salt 1 tablespoon safflower oil 1/3 cup raw pistachios, shelled 1/4 cup white miso (optional) 1 small bunch watercress Olive oil (for garnish) up to one teaspoon per bowl Directions - In a roasting pan, add potatoes, celery, carrots, and cauliflower. Sprinkle with 1/2 teaspoon sea salt and 1 tablespoon safflower oil. Cover with foil and roast at 425° F for 30 minutes. - Add 1/2 the roasted vegetables to the blender. Add stock, pistachios, Miso, and watercress to the blender and puree till very smooth. - Put the mixture into a pot and add the rest of the cooked vegetables. - Bring to...



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