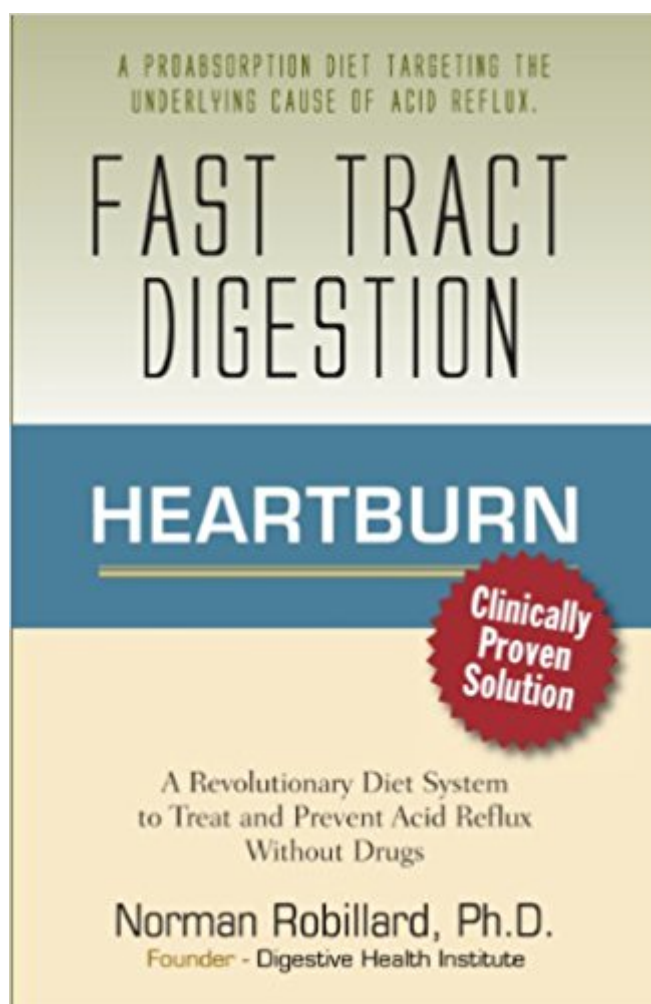


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# Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth About The Cause Of Acid Reflux Explained (Clinically Proven Solution)





## Synopsis

The Secret of Getting Rid of Acid and Non-Acid Reflux without Proton-Pump Inhibitors and / or H2 Blockers. The best book to treat and prevent heartburn, acid reflux, GERD and LPR naturally. Are you suffering from severe burning sensation behind the breastbone, abdominal pain, chronic cough, a sour taste in your mouth, sore throat, hoarseness, laryngitis and / or sinus irritation? Are you frustrated by putting so much time, energy and money into different diets, supplements and so-called miracle cures, but they did not give you adequate relief? Perhaps, you would like to get off PPIs and H2 blockers, but you are not sure how to safely do that? Fast Tract Digestion Heartburn gives you a clinically tested, simple and effective dietary solution for restoring and maintaining your healthy digestion. The Fast Tract Diet was created based on solid scientific evidence backed by extensive research and the latest developments in medical science. The golden key behind the Fast Tract Diet is a proprietary formula called Fermentation Potential (FP) developed by a microbiologist, Norman Robillard, Ph.D., Founder of Digestive Health Institute. FP is a point system, so you are empowered to make your own food choices based on the guidelines and food tables in the book. Find out:- Why fats, coffee and alcohol are not the culprits- What your gut microbiota has to do with heartburn, acid reflux, GERD & LPR- What is REALLY causing acid reflux (Surprising Truth)- How to safely eliminate acid and non-acid reflux without PPIs, H2 blockers and / or antacids- What 5 food types you should limit to become symptom free- How to identify and address other contributing factors to GERD

The Fast Tract Diet was presented at Digestive Disease Week (DDW) in 2013 to provide a safe treatment option to gastroenterologists. What people are saying about the Fast Tract Digestion Heartburn: "I weaned myself off proton pump inhibitors, and have avoided surgery completely. My quality of life is soooo much better. My gastroenterologists and surgeons are speechless... His diet works. Period. Don't give up on it. Stick it out, and you will see the results... I have never written a review on before, and am not being paid to say this. I feel so strongly about this book, that I had to let the world know." --- Joey "I had been on PPI medication for over 10 years and tried from time to time to get off of them... I found this book, followed its advice and was so pleasantly surprised at how well it works. Haven't taken a PPI in a month... I'd recommend this book to anyone who has GERD, takes medication for it and wants to get off of PPI's." --- DJ "Finally, after many years no more heartburn; Also no more bloating. I can't believe it. Why can't the gastroenterologists leave the pills alone." --- Henry T Ulrich

For additional help:- Join the Digestive Health Institute forum- Try the free online FP Calculator on the Digestive Health Institute website- Sign up for phone or Skype consultation through the website Click the button on the top right of this page and start healing your gut right now.

## Book Information

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## Customer Reviews

"After evaluating countless types of carbohydrate and fibrous foods, Dr. Robillard derived a factor he has termed the Fermentation Potential (FP), which is a measure of the amount of carb and/or fiber in a given food providing fare for gas-producing bacteria. Knowing the FP of various foods allows one to avoid those with a higher FP, which should reduce SIBO and symptoms of GERD and/or IBS." --Michael R. Eades, M.D., the New York Time Best Seller Co-author of Protein Power

"Dr. Robillard, your work has done the greatest service of all time for those of us facing these sorts of gut issues. The diet you have outlined is nutritionally balanced and safe! I tell my clients about your book and your work; I want everybody to know!". --Alana Sugar, Certified Nutritionist / Whole Foods Consultant to Whole Foods Market and The American Institute for Cancer Research

**YOUR HEALTH DEPENDS ON THE BACTERIA IN YOUR GUT** Norman Robillard, Ph.D., founder of Digestive Health Institute is an author, consultant and microbiologist. He is also the creator of Fast Tract Diet and a former research scientist who devoted his career to developing new drugs for 20 years before he discovered the power of diet for his own digestive health. Fast Tract Diet was presented at Digestive Disease Week in 2013 to provide gastroenterologists a different treatment option for SIBO related conditions. Dr. Robillard helps people with a variety of digestive health issues through his consultation practice. He focuses on the root cause of conditions and applies his 3 pillar strategy for healing in place of drugs and antibiotics: 1. addressing underlying causes, 2. dietary modulation, 3. behavioral modification. Some of the common gut and related conditions include heartburn, acid reflux, LPR, irritable bowel syndrome (IBS), small intestinal bacterial overgrowth

(SIBO), celiac and Crohn's disease, ulcerative colitis, diverticulitis, asthma, rosacea and leaky gut. Dr. Robillard received his Ph.D. at University of Massachusetts, Amherst and completed his post-doctoral training at Tufts University in Boston. He currently serves as a scientific board member for Nutrition & Metabolism Society. His favorite quote: "No disease that can be treated by diet should be treated with any other means." - Maimonides Find a wealth of digestive health articles and a new tool to calculate symptom potential in foods at [DigestiveHealthInstitute.org](http://DigestiveHealthInstitute.org). Join the Digestive Health Institute Facebook page for the latest information on foods, health and science.

I became a low-fat vegan several years back, which, depending upon one's food choices, can be a diet quite high in fiber. I understand now I was eating excessive fiber, and eating it late at night as well. Not surprisingly (I understand this after reading this book), I developed a severe case of GERD and reflux laryngitis, often being without a voice for days at a time. My doc prescribed Prevacid for 2 months which helped, but this did not address the core cause. When I stopped the meds, the laryngitis returned, and I was unable to talk for several weeks. Wanting to address the underlying cause of my GERD & laryngitis (as opposed to just treating symptoms), I bought this book, thinking I had nothing to lose to try the diet for a few days. Within 48 hours of eating only low-FP (vegan in my case) foods, I had my voice back, and the GERD was almost immediately improved. That was 1-1/2 years ago, and though I don't limit myself now to only low FP foods, I do avoid high FP foods, and rarely if ever have a reoccurrence of GERD or voice problems. I'll admit it's a bit more challenging to do this as a vegan, but I believe it's a small price to pay not to have to take PPI's the rest of my life. What helped me was to make a list from Appendix C of "safe (low-FP)" vegan foods, and also a list of foods I could have occasionally. My go-to vegan low FP list (when I had severe GERD) included almonds, avocados, beets, broccoli, butternut squash, brussels sprouts, celery, cauliflower, carrots, cantaloupe, dates, watermelon, jasmine rice (with it's negative FP), hummus, pretzels, kale, mushrooms, pecans, snow peas, peaches, popcorn, pineapple, rice cakes/crackers, strawberries, tofu, seitan, boca burgers, walnuts, tomatoes and many other low-FP veggies and fruits. I never feel deprived by limiting the FP of my foods choices. My maintenance diet includes many of the moderate FP foods, and I keep my list of foods handy in the kitchen. I use portion control and also jasmine rice with it's "negative FP" rating to counter the effects of an occasional higher FP meal. BTW, I'm 68 years old, being a low-fat vegan has improved my energy level amazingly, and resolved a long standing cardio issue... so I don't recommend eating the low-FP high fat animal protein foods that are listed . . . but in my case, if you're vegan or flexitarian, I highly recommend trying Robillard's Fast Tract diet, especially if you're unable/unwilling to tolerate the effects of long

term PPI use.

This book provided some missing pieces of info for me that along with listening to my body helped me find a diet cure for GERD. My mom and uncles have been on PPIs for years and my GERD was gradually getting worse as I was getting older. I didn't want to go on PPIs and I knew there had to be a diet cure. I had figured out on my own that oats, bread and corn products were trigger foods. But even without those I was having symptoms. I tried Whole30 and my GERD got worse. I read about gut-healing diets like SCD and GAPS but they required very strict elimination of a large number of foods. Those have done a lot of good for some very sick people but they weren't for me. Thankfully I found the Fast Tract Diet book. It's all about limiting foods that ferment in the gut but you don't have to strictly eliminate any one food. And you don't have to go very low carb because certain carbs are OK. In the past month by implementing the basic principles of FTD my bloating and reflux have gotten much better, and I am thrilled that I can eat a fairly varied diet. It may not work for everyone, but it's worth a try! Only 10 bucks for the Kindle edition.

Last December I started Dr. Robillard's low-carb approach after reading his first book, "Heartburn Cured." At that point I was pretty frustrated and down after months of nasty heartburn and proton pump inhibitors which gave me rashes and left my stomach constantly bloated. I'd had to give up distance running because it was too painful running with heartburn, and I was refluxing into my throat during long runs. I had tried several drug-free approaches, including the Ph/acid balance approach, with no success. Within three days of the low-carb diet (I started at 25 - 30 grams per day for a week), I felt significantly better. Within a week I slowly started running again. This past Sunday, eight months later, I completed a grueling 35 mile mountainous course feeling strong and eating energy bars I made inspired by some of the ingredients in Dr. Robillard's new book, "Fast Track Digestion." I feel like Dr. Robillard's approach to digestion issues as outlined in his books has given me the ability to manage a chronic disease that had me feeling dominated and defeated. I also appreciate the nutritional options offered in his second book, including his emphasis on vegetables and certain friendlier carbs. I would encourage readers suffering from GERD to give it a try...take it seriously and don't do it half-way during the induction period and see how much better you feel. Life is too short to sit on the sidelines. Cheers!

This book made a big difference to me. Main point: heartburn is from what you eat, not the propaganda that you have "too much stomach acid". That idea sells lots of antacids and beta

blockers, does it not? Follow the suggestions (like eating less sugar) and you will quit creating fermentation pressure that backs up your whole GI track until your stomach acid is where it's not supposed to be. Simple and true. Now I know if I have heartburn in the morning I only have to think about what I ate the day before and can clearly lay the blame on something that was now fermenting in my gut. (That I knew I should have avoided). Keep off the pharmaceuticals if you can, no?

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