



ACID REFLUX; Options for controlling & Conquering: Includes a successful systems approach

John D. Forlini

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This book takes all the information on acid reflux and puts it in one place for the reader to fully appreciate the issues. It describes the 4 anatomical causes of this disease. It provides a solid overview of the 8 stages of acid reflux. It covers the symptoms, current doctor methodology, testing, and the current medicines with their pros and cons and FDA warnings. The book chronicles the results of the author's personal bout over 5 years and how he eliminated his own severe acid reflux using an industrial chemist's systems approach and no longer requires any medicines. Most important it provides a method for the sufferer to take charge of his own condition before it is too late.

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