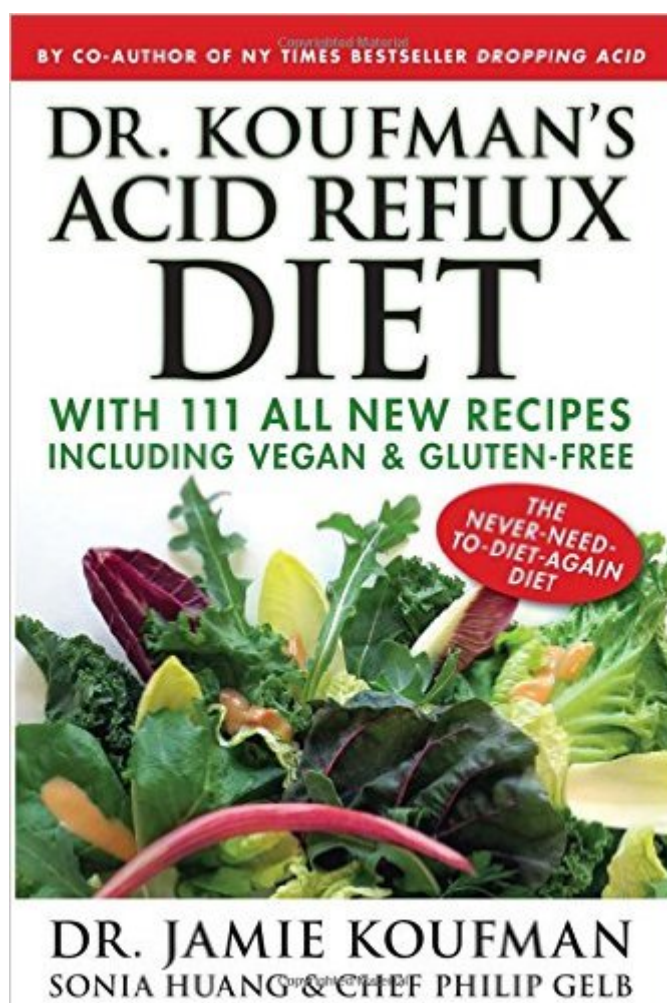


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# Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet



## Synopsis

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 simmer, but do not boil! - Garnish with a small amount of very good olive oil (optional)

**Notes:** As a child growing up in Brooklyn, I loved the fresh cauliflower that was available in summer when we would visit Upstate New York. Infatuation with this incredible and versatile vegetable has only grown over the years as I have learned more and more dishes using it. • This chowder is very popular on my catering menus and has been a huge hit at my underground restaurant in Oakland. • Basil can be substituted for watercress. • This soup is also great for a winter evening because it is hearty. • When you prepare the cauliflower and potatoes, remember that these need to be bite size. • For gluten-free diets, avoid mugi miso which is made with barley; and for those preferring to avoid soy, use chickpea misos.

**Chef Philip Steamed Sea Bass with Ginger & Soy** Makes 4 servings | Dairy-Free, Gluten-Free

**Ingredients** 2 pounds sea bass fillet (or any other flaky white fish) 2 teaspoons sea salt 1 inch of ginger root, peeled and cut into thin matchsticks 1 1/2 tablespoon rice wine (or any dry white wine) 2 tablespoon soy sauce (Tamari, gluten-free soy) 4 teaspoon toasted sesame oil\* (optional) 1 tablespoon olive oil 1/2 cup fresh cilantro sprigs

**Directions** - Salt both

side of fillet. - Scatter ginger over top of fish. - Drizzle rice wine over the fish and place on heat proof dish for steaming. - Place in steamer and cover, and steam for 10-15 minutes. - Pour water out of the dish. - Drizzle soy sauce over the fish. - Heat toasted sesame oil and olive oil over medium-high heat until they begin to smoke and then pour it carefully over the fish. - Garnish with cilantro and serve immediately. Notes: Sesame oil may be a trigger food for some people, which is why it is optional. Halibut is quite expensive and this dish can be made with almost any flaky white fish; ask your fish department for suggestions. In stead of steaming, you can poach the fish. To poach, follow the recipe until just before replacing in steamer, and place in a skillet, then add 2 cups of chicken stock, bring to boil, reduce heat to simmer, cover, and poach for 10-15 minutes. Then, continue cooking instructions from pour water out of the dish. Sonia Kick-Ass Carrot Cookies Makes 3 dozen |Vegetarian, Dairy-Free

**Ingredients** 1 cup oats 1 cup flour 1 teaspoon cinnamon 1 teaspoon baking powder 1/2 teaspoon baking soda 1/4 teaspoon salt 1/2 cup maple syrup 1/2 cup grape seed oil 1 cup grated carrots 1/2 cup dried cherries (optional; see Notes)

**Directions** - preheat oven to 375O F - In one bowl, combine oats, flour, cinnamon, baking powder, baking soda and salt. - In a separate bowl, whisk together maple and oil. - Add carrots and dried fruit to this mix and blend well. - Pour the wet mix over the dry mix and gently combine. Do NOT over-mix or the cookies will be rubbery. - These cookies only bake well if they are small. - Drop 1 teaspoon on an oiled baking sheet, 2 inches apart. - Bake at 375 degrees F for 10 minutes. - Be careful not to overcook these cookies as they burn easily after they are complete. Note: Dried cherries may be a trigger food for some people, and they may be replaced by currants, raisins, dried blueberries, or dried cranberries or a combination. Chef Philip

## Book Information

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## Customer Reviews

I have just finished reading Dr. Koufman's Acid Reflux Diet book and I urge all fellow sufferers to take this miraculous journey. Her latest book is the capstone to her other two instructional reference volumes: Dropping Acid (2010) with recipes and The Chronic Cough Enigma (2014), that explore the causes and treatment of GERD and respiratory reflux or, respectively, gastroesophageal and laryngopharyngeal reflux. These three beautifully written solutions will save lives while paving an important new direction for the ENT and esophageal-scoping medical community still lost in the delusion of their own addiction to pharmaceuticals as cures for reflux disease. In 2010, I discovered Dropping Acid and learned a new way to eat by choosing alkaline (safe) foods. After almost 40 years with night reflux unaided by Nexium for 25 years, I became conscious of the acidic food-sore throat connection and began to heal. Five years later, The Chronic Cough Enigma explained why I still coughed and had to clear my throat throughout the day. I can thank Dr. Jamie Koufman for the correct diagnosis which turned out to be a post-viral vagus nerve neuropathy, an ailment that is more common than anyone ever suspected because it is triggered by a respiratory infection that attacks and maims the vagus nerve, in my case in the area of the vocal cords, with consequent lingering respiratory afflictions lasting decades if not treated properly. These three books for me are a trilogy in the process of healing reflux by understanding its causes, consequences and most amazingly, treatment through eating and lifestyle changes. The latest, Acid Reflux Diet, provides a section on meal planning with suggested cooking schedules, including eating out and take-home protocols to accommodate our busy lives.

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