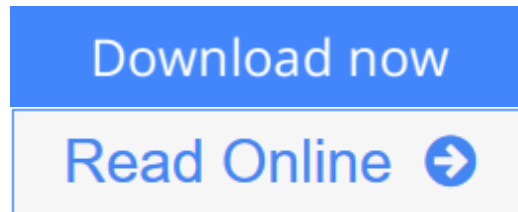


Heartburn Cured: The Low Carb Miracle

By Norm Robillard



Heartburn Cured: The Low Carb Miracle By Norm Robillard

The Real Cause of Heartburn, LPR, Bloating and other symptoms of Acid Reflux and GERD revealed.

Mark Sisson, author of the #1 bestselling health book on Amazon.com - The Primal Blueprint: *"Robillard's theory provides the most sound explanation for the growing incidence of GERD in Western society. If you have GERD, I encourage you to read the entire book."*

Chris Kresser, health and wellness blogger and author: *"In his excellent book, Heartburn Cured, microbiologist Dr. Norm Robillard argues that carbohydrate malabsorption leads to bacterial overgrowth, resulting in intragastric pressure which drives reflux."*

Michael R. Eades, M.D., co-author of the New York Times best seller - Protein Power: *"Norm Robillard is the microbiologist and he himself has been a GERD sufferer for years... His theory makes perfect sense, and now that I understand it, I buy into it 100 percent."*

Norm Robillard, Ph.D., Founder of Digestive Health Institute, is a microbiologist who was the FIRST to propose a novel root cause of GERD based on how diet affects bacteria in our gut. Scientists, physicians and health advocacy groups endorse his approach.

Over 50 years of dogma held in the medical establishment explains that certain (trigger) foods relax or weaken the LES muscles and trigger reflux. This idea does not fit the facts. Heartburn Cured provides overwhelming evidence that GERD is ultimately caused by repeated cycles of carbohydrate malabsorption and Small Intestinal Bacterial Overgrowth (SIBO).

This book explains how the author's personal journey and expertise came together to reveal how SIBO causes GERD. By understanding the true root cause of GERD, this condition can be treated by diet alone without drugs. The diet offers a variety of delicious foods including fruits, vegetables, fish, meats and healthy fats that will allow you to gain control of heartburn and other GERD symptoms in as little as two days.

 [**Download** Heartburn Cured: The Low Carb Miracle ...pdf](#)

 [**Read Online** Heartburn Cured: The Low Carb Miracle ...pdf](#)

Heartburn Cured: The Low Carb Miracle

By Norm Robillard

Heartburn Cured: The Low Carb Miracle By Norm Robillard

The Real Cause of Heartburn, LPR, Bloating and other symptoms of Acid Reflux and GERD revealed.

Mark Sisson, author of the #1 bestselling health book on Amazon.com - The Primal Blueprint:

"Robillard's theory provides the most sound explanation for the growing incidence of GERD in Western society. If you have GERD, I encourage you to read the entire book."

Chris Kresser, health and wellness blogger and author: *"In his excellent book, Heartburn Cured, microbiologist Dr. Norm Robillard argues that carbohydrate malabsorption leads to bacterial overgrowth, resulting in intragastric pressure which drives reflux."*

Michael R. Eades, M.D., co-author of the New York Times best seller - Protein Power: *"Norm Robillard is the microbiologist and he himself has been a GERD sufferer for years... His theory makes perfect sense, and now that I understand it, I buy into it 100 percent."*

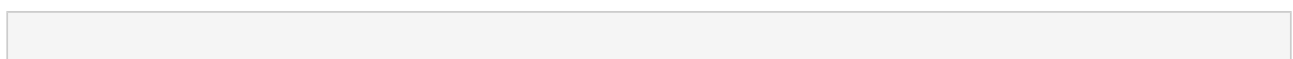
Norm Robillard, Ph.D., Founder of Digestive Health Institute, is a microbiologist who was the FIRST to propose a novel root cause of GERD based on how diet affects bacteria in our gut. Scientists, physicians and health advocacy groups endorse his approach.

Over 50 years of dogma held in the medical establishment explains that certain (trigger) foods relax or weaken the LES muscles and trigger reflux. This idea does not fit the facts. Heartburn Cured provides overwhelming evidence that GERD is ultimately caused by repeated cycles of carbohydrate malabsorption and Small Intestinal Bacterial Overgrowth (SIBO).

This book explains how the author's personal journey and expertise came together to reveal how SIBO causes GERD. By understanding the true root cause of GERD, this condition can be treated by diet alone without drugs. The diet offers a variety of delicious foods including fruits, vegetables, fish, meats and healthy fats that will allow you to gain control of heartburn and other GERD symptoms in as little as two days.

Heartburn Cured: The Low Carb Miracle By Norm Robillard Bibliography

- Sales Rank: #459517 in Books
- Brand: Brand: Self Health Publishing
- Published on: 2005-08-01
- Number of items: 1
- Binding: Paperback
- 136 pages



 [**Download** Heartburn Cured: The Low Carb Miracle ...pdf](#)

 [**Read Online** Heartburn Cured: The Low Carb Miracle ...pdf](#)

Editorial Review

Review

"When I first found your book, I was on Nexium looking for help, any help. It seemed impossible, and I felt like I could very well be on Nexium for the rest of my life. I couldn't understand it....an extremely healthy individual with the lung capacity of an elite athlete. As a scientist does, I looked for answers. I read your book and changed my diet. The rest is history. And believe me, your book was my last gasp. I had an expensive Endoscopy looking for answers and of course numerous courses of PPI's. All the doctors I saw prescribed PPI's - none ever considered anything but the "usual suspects" of spicy foods, chocolate, caffeine, you know the list. And, I'm sure my story is NOT unique. I would wager that thousands if not millions of American's suffer from the same crisis caused by the modern American Diet. So, I can't thank you enough for writing Heartburn Cured as well as your new book, Fast Tract Digestion Heartburn. Your research exists in a vacuum. A place where modern medicine does not venture, yet. Personally, I think you're on the verge of something big. Your work is groundbreaking. Thanks for getting me off Nexium for good." ----Chris Tomer, Meteorologist at FOX-31 News and Colorado's Own Channel 2 in Denver

Conventional Wisdom vs. New Miracle Diet Theory: Conventional dietary practices to diminish heartburn include strict elimination of spicy foods, caffeine, alcohol, fatty foods, and carbonated soft drinks. Recently, however there has been growing interest in an apparent connection between heartburn and the consumption of excess carbohydrates. The National Institute of Diabetes and Digestive and Kidney Diseases reports, The Committee is aware of new research which indicates a controlled carbohydrate diet may dramatically reduce the incidence of gastroesophageal reflux. PinnacleCare seeks out cutting edge research and offers its Members both sides from the world of medicine: both new and tried-and-true. Many anecdotal treatments considered folly by yesterday's physicians, such as the value of vitamins, have now become accepted by the established medical community.

In the case of the touted heartburn diet miracle developed by microbiologist Norm Robillard, PhD., PinnacleCare Advocate Barb MacLavery reports dramatic results from members who have tried the diet, including her own young daughter. Dr. Robillard, himself a heartburn sufferer who sought both relief and cancer risk reduction, developed a controlled carbohydrate approach resulting in a complete cessation of his own symptoms. His heartburn research points away from trigger foods and towards a different culprit: the ability of intestinal microbes to produce large amounts of gas from carbohydrates, but not fats and proteins. In his book HEARTBURN CURED, Dr. Robillard shows how limiting carbohydrates in our diets can prevent microbes from producing large volumes of gas, thus eliminating acid reflux. According to PinnacleCare's Dr. Varn, the diet's heartburn results need further study, yet Dr. Varn sees few risk in following the diet, Reducing high carbohydrates is helpful for weight loss which is clearly a smart move to diminish heartburn. ----**PinnacleCare's News Letter**

Heartburn Cured was recently reviewed by the healthcare advocacy group, Pinnacle Care. Conventional Wisdom vs. New Miracle Diet Theory Conventional dietary practices to diminish heartburn include strict elimination of spicy foods, caffeine, alcohol, fatty foods, and carbonated soft drinks. In the case of the touted heartburn diet miracle developed by microbiologist Norm Robillard, PhD., PinnacleCare Advocate Barb MacLavery reports dramatic results from Members who have tried the diet, including her own young daughter. Dr. Robillard, himself a heartburn sufferer who sought both relief and cancer risk reduction, developed a controlled carbohydrate approach resulting in a complete cessation of his own symptoms. His heartburn research points away from trigger foods and towards a different culprit: the ability of intestinal microbes to produce large amounts of gas from carbohydrates, but not fats and proteins. In his book

HEARTBURN CURED, Dr. Robillard shows how limiting carbohydrates in our diets can prevent microbes from producing large volumes of gas, thus eliminating acid reflux. According to PinnacleCare's Dr. Varn, the diet's heartburn results need further study, yet Dr. Varn sees few risk in following the diet, Reducing high carbohydrates is helpful for weight loss which is clearly a smart move to diminish heartburn. --

--PinnacleCare's News Letter

About the Author

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 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**.

Join the **Digestive Health Institute Facebook** page for the latest information on foods, health and science.

Users Review

From reader reviews:

Daniel Soderquist:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite reserve and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled Heartburn Cured: The Low Carb Miracle. Try to face the book Heartburn Cured: The Low Carb Miracle as your friend. It means that it can to get your friend when you experience alone and beside that course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you more confidence because you can know everything by the book. So , we need to make new experience and also knowledge with this book.

Kathryn Richardson:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent all day every day to reading a book. The book Heartburn Cured: The Low Carb Miracle it is rather good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the e-book. You can m0ore easily to read this book from a smart phone. The price is not very costly but this book features high quality.

Oliver Crites:

This Heartburn Cured: The Low Carb Miracle is great publication for you because the content that is certainly full of information for you who also always deal with world and still have to make decision every minute. This kind of book reveal it data accurately using great plan word or we can declare no rambling sentences in it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but challenging core information with lovely delivering sentences. Having Heartburn Cured: The Low Carb Miracle in your hand like finding the world in your arm, data in it is not ridiculous just one. We can say that no reserve that offer you world inside ten or fifteen moment right but this book already do that. So , this is certainly good reading book. Hi Mr. and Mrs. hectic do you still doubt that?

Virginia Kang:

You are able to spend your free time to study this book this book. This Heartburn Cured: The Low Carb Miracle is simple to deliver you can read it in the playground, in the beach, train and also soon. If you did not include much space to bring often the printed book, you can buy the e-book. It is make you easier to read it. You can save often the book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

Download and Read Online Heartburn Cured: The Low Carb Miracle By Norm Robillard #CBFSNR8Q6KX

Read Heartburn Cured: The Low Carb Miracle By Norm Robillard for online ebook

Heartburn Cured: The Low Carb Miracle By Norm Robillard Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Heartburn Cured: The Low Carb Miracle By Norm Robillard books to read online.

Online Heartburn Cured: The Low Carb Miracle By Norm Robillard ebook PDF download

Heartburn Cured: The Low Carb Miracle By Norm Robillard Doc

Heartburn Cured: The Low Carb Miracle By Norm Robillard Mobipocket

Heartburn Cured: The Low Carb Miracle By Norm Robillard EPub

CBFSNR8Q6KX: Heartburn Cured: The Low Carb Miracle By Norm Robillard