



The Great Physician's Rx for Heartburn and Acid Reflux (Great Physician's Rx Series)

Jordan Rubin

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Heartburn and acid reflux have a nasty way of defying cure or prevention, but following the Great Physician's prescription for heartburn and acid reflux can alleviate symptoms and nip more serious problems in the bud. Acid indigestion and burning feelings in the chest often strike in the middle of the night with stabbing chest pain. At 1:30 in the morning, there are not a whole lot of options. Most approach the medicine cabinet with the fervent hope that there are a few Tums left in the bottle.

Jordan Rubin, along with Joseph Brasco, MD, is not so sure that taking antacids and powerful proton pump inhibitors best for people's healing or their health. *The Great Physician's Rx for Heartburn and Acid Reflux* reveals a more natural approach to beating heartburn and acid reflux based on the Seven Keys to Health and Wellness.

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