

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

Dr. Jamie Koufman, Huang, Gelb - pdf download free book

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"Dr. Koufman's *Acid Reflux Diet* is two great books in one. First, it provides an informative, knowledgeable, and plainly honest scientific viewpoint and the opportunity for a cure for millions of people suffering from undiagnosed respiratory diseases. Second, as a cookbook, it offers terrific reflux-friendly recipes that are also vegan and gluten-free."

Dr. Elysha Hines
Founder and Director
Revolution in Motion

"Dr. Jamie Koufman is the preeminent reflux physician/scientist in the world. This cookbook is the culmination of the many years of her dedicated work on the subject of reflux, focusing on how patients can modify their diets to better treat this insidious condition."

Ramon A. Franco, Jr., M.D.
Director, Division of Laryngology
Harvard Medical School

"Dr. Jamie Koufman has shed light on the physiologic link between the stomach and throat. Her contributions have advanced science and benefited the care of millions."

Charles Sasaki, M.D.
Director, Head and Neck Unit
Yale School of Medicine

"Another breakthrough from Dr. Jamie Koufman, one of the most innovative minds in medicine."

Peter Reddy, M.D., Ph.D.
University of California, Davis

"Dr. Jamie saved my life. This may sound dramatic, but it is exactly how I feel. When you are gasping for breath, unable to speak, sleep, or do much, your life takes on a whole different meaning. And all that changed thanks to Dr. Jamie."

Sue Orman
Host of *The Star Orman Show*



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Description:

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 425O 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 "placing 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 375° 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

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