

Healthy Eating

A Brother's Suffering Inspires New Book On Tips And Recipes To Cope With Gastroesophageal Reflux Disease

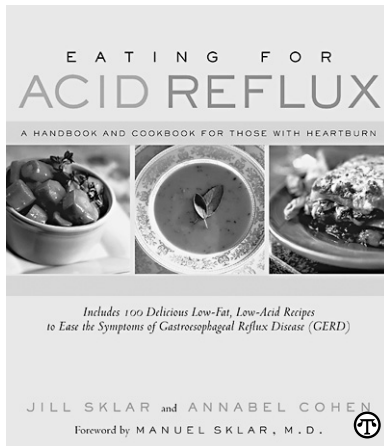
(NAPSA)—When medical writer Jill Sklar's younger brother, Eric Davidson, started having trouble sleeping and was plagued by a persistent, dry cough and a sore throat, he was unsure what was causing his discomfort. Eric's voice became hoarse and he had burning pains, especially at night. Finally, after seeing several doctors, he was diagnosed with gastroesophageal reflux disease, otherwise known as GERD, a condition in which stomach contents back up into the esophagus, causing irritation and inflammation.

Inspired by her brother's experience, Sklar realized that GERD sufferers need a handbook for coping with this disease and teamed up with chef Annabel Cohen to create *Eating for Acid Reflux: A Handbook and Cookbook for Those with Heartburn*. The book, a hybrid of tips and a traditional cookbook, helps people with reflux disease understand that although the condition can be debilitating, there are ways to manage and treat GERD.

"For my brother and for my sister, who was also diagnosed with it, GERD has been a family affair during the past seven years," says Sklar. "Based on our personal experiences and countless conversations with other sufferers, it became clear to me that many people with GERD need better tools to help them cope with this condition. This book has tips intended to make life with GERD more tolerable and includes recipes that are GERD-friendly and enjoyable."

Approximately 15 million Americans experience the most common symptom of GERD, heartburn, an uncomfortable burning sensation in their throat and chest, on a daily basis. Nearly 40 percent of Americans suffer from heartburn at least once a month. Although most people will experience the problem at some time in their lives, heartburn more than two days a week can suggest GERD.

"As Annabel and I were writing this book, more and more people began to share their stories. One friend slept with an economy sized jar of antacids on her bedside table. Another was tilting her mattress up at night. A man we interviewed reported losing 20 pounds, mostly due to not being able to tol-



You don't have to let acid reflux disease keep you from enjoying delicious meals.

erate his usual diet," says Sklar. "I could go on and on but the message is always the same. There is pain, there is diagnosis and then there is treatment, but there were very few practical resources to help them cope with their condition."

"It is important for people suffering from the symptoms of GERD to be educated about the condition," says Dr. Lucinda Harris, assistant professor of clinical medicine at The Weill Medical College of Cornell University. "Readers will learn that acid reflux disease may be manageable through lifestyle changes such as diet modification, and in some cases, medication, such as proton pump inhibitors (PPIs), which can help prevent the acid that causes the heartburn pain. If you suspect you are suffering from GERD, talk to your healthcare professional about the treatment options that may be right for you."

For information about a potential treatment option, sufferers may call 1-800-564-3673.

The book, in addition to including information about symptoms, diagnosis and treatments, the history of acid reflux disease and featured anecdotes from sufferers, contains more than 100 easy to prepare recipes, all tested by GERD patients. From asparagus and artichoke salad with asiago and basil to buttermilk oven-"fried" chicken, one of Sklar's favorites, the book includes appetizing recipes that make mealtime delicious, not dull, for GERD sufferers.

"Though not as decadent as the

real thing—deep fried with extra-crispy skin—this version has much of that great taste without the ingredients, such as large amounts of oil and garlic, which can incite GERD," says Sklar in regards to the chicken.

Buttermilk Oven-"Fried" Chicken

6 large boneless and skinless chicken breasts (about 2 pounds)

2 cups buttermilk

4 tablespoons butter, melted

½ cup flour

½ cup cornmeal

1 teaspoon kosher salt

2 teaspoons paprika

1 teaspoon granulated garlic (as tolerated)

1. Soak chicken in milk in a large bowl. Cover with plastic wrap and chill for 30 minutes.

2. Spray a large baking dish or sheet well with nonstick cooking spray. Set aside.

3. Preheat oven to 400°F. Brush the butter over the bottom of the baking dish.

4. Mix flour, cornmeal, salt, paprika and garlic (if using), together in a large zipper-style plastic bag.

5. Add one milk-soaked piece of chicken to the seasoned flour and shake well to dredge.

6. Place the dredged chicken breast in the baking dish and repeat with remaining chicken and flour mixture.

7. Bake the chicken for 10 minutes, turn it over, and bake an additional 10 minutes or until cooked through. Do not overcook.

8. Remove chicken from the oven and serve hot or at room temperature.

Makes six servings.

Nutrient Analysis Per Serving:

Calories (kcal) 413; Protein (g) 40; Carbohydrates (g) 19.6; Fat (g) 18; Saturated Fat (g) 8; Sodium (mg) 504; Cholesterol (mg) 126; % Calories from Protein 40; % Calories from Carbohydrates 19; % Calories from Fat 40; Total Dietary Fiber (g) 1.3