



Is A Chronic Cough Ruining Your Life?: Maybe It's Your Food

Terrie Reynolds

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Did you know that a chronic cough can be caused by the food you eat? Silent reflux, or Laryngopharyngeal Reflux, LPR for short, can lead to a myriad of seemingly unrelated chronic illnesses, including a debilitating, chronic cough, sinusitis, shortness of breath, etc. Unlike Gastroesophageal Reflux Disease, (GERD), silent reflux doesn't cause heartburn. This is the true story of my husbands chronic, debilitating, cough. It was misdiagnosed for over 6 years as adult onset asthma. During the months that followed he developed a multitude of other chronic conditions. More than six years following the initial onset of the cough, after numerous visits to the ER, hospitalizations and countless visits to so called specialists, his quality of life had all but vanished. Fortunately fate intervened and we discovered that what the doctors didn't know could have eventually killed him. His experience is becoming more and more common as the integrity of our digestive tracts are compromised from many of the foods we eat. Join us as we embark on our initial food journey that opened our eyes to the atrocious state of the food supply in the U.S.

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