

Understanding Gas And Bloating - Terry Bolin

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Bloating is a common gut problem that many individuals, especially females, experience. However, because there has been little understanding of the frequency with which it occurs or its impact on quality of life, the medical profession has largely disregarded it or lumped it together with other conditions loosely termed 'Irritable Bowel Syndrome' (IBS). Constipation is a symptom, and diet can play a crucial role in determining relief. While this condition can have a great impact on the quality of life and work performance of people who are affected, be assured, in most instances, there are treatments and simple personal management programs that can help. This book explains a number of important facts about bloating, including: * The bloating cycle * The process of digestion * The brain-gut axis * Where do all the gases go? * Examining the link between gas and bloating * Who is most susceptible? * How bloating relates to other conditions

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