

Do you often feel—or does your stomach appear—bloating after eating? Do you experience digestive discomfort throughout the day or night? Do you try to relieve abdominal pressure with probiotic supplements or fiber but end up feeling more bloated?

Take the diagnostic quiz and learn how to identify the issue and find the right treatment—and reduce your waistline in the process—with *The Bloating Belly Whisperer*.

If you're among the tens of thousands of people with an appetite for practical, evidence-based solutions for bloating, and you feel lost in the crush of conflicting information from general practitioners and online forums alike, this book can help you find relief. With this first-of-its-kind guide, digestive nutrition expert and popular health writer Tamara Duker Freuman will show you how to:

- Understand the nature of your condition, from recognizing the symptoms to learning the terminology
- Ask your doctor the right questions—and help speed up a proper diagnosis
- Create a plan for action, including the most effective dietary remedies
- Enjoy delicious meals designed to reduce bloating—and take inches off your waistline—with fifty recipes created by former *Bon Appétit* editor and cookbook author Kristine Kidd

... and take advantage of more everyday, easy-to-follow strategies that will help get your bloated belly under control for good.

**TAMARA DUKER FREUMAN, MS, RD, CDN**, is a registered dietitian and nationally known expert in digestive health and medical nutrition therapy for gastrointestinal diseases. In addition to her clinical work, Tamara is a popular nutrition writer whose work can be found on *U.S. News & World Report's* Eat + Run blog and in *The Washington Post*, *Reader's Digest*, *Prevention*, *Women's Health*, *Shape*, *Men's Journal*, and other publications. She has also been featured on NPR's *All Things Considered* and CBS's *Inside Edition*. She lives in Nyack, New York, with her husband and twin children.

READ BY THE AUTHOR



Running Time: Approx. 9 Hours • Unabridged

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ISBN 978-1-250-22379-1



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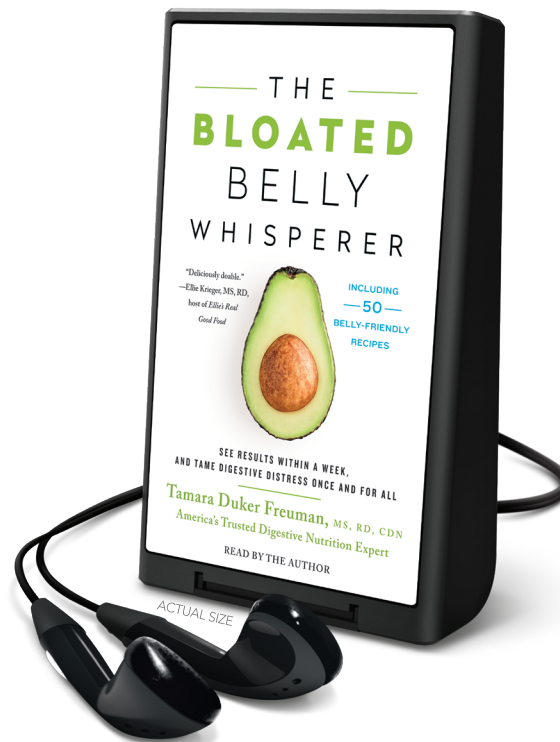
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BELLY WHISPERER

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