



Top 5 things you'll learn from reading THE BLOATED BELLY WHISPERER

Bloating is a symptom that's characterized by discomfort or pressure somewhere in the abdomen, and/or visible abdominal distension of the abdomen. For a condition that affects an estimated 20% of the population, though, it's surprising how little people talk about it! The embarrassment many people feel about their digestive symptoms lead them to suffer in silence for years.

This taboo-breaking book aims to end all that.

THE BLOATED BELLY WHISPERER tackles the delicate topic of abdominal bloating with disarming candor and frank directness. In it, you'll learn:

1. **There are ten leading causes of abdominal bloating, each with its own solution.**

Probiotic pills aren't a magic bullet, and scapegoating gluten won't fix most bloated bellies, either. The answer to solving persistent and perplexing bloating isn't a one-size-fits-all solution at all. That's because while abdominal bloating may be an incredibly common problem, it doesn't always have a common cause. **THE BLOATED BELLY WHISPERER** details the ten most common causes of abdominal bloating, offers a quiz to help readers figure out which one is most likely to be affecting them, and details the most effective medical, dietary and behavioral interventions that target each specific brand of bloating.

2. **Most of what you read online about bloating is wrong.**

The internet is full of misinformation about bloating. Most folks offering online advice about bloating lack credentials—and even among those with credentials, many are trying to sell a product. More often than not, following Dr. Google can lead bloating sufferers down a rabbit hole of unproven, pseudo-scientific lab tests; unregulated and exorbitant supplement regimens; and extreme elimination diets that take a huge toll on physical and mental health. Freuman-- a credentialed, well-reputed clinical dietitian whose entire dietetics career has been spent in a leading NYC gastroenterology practice—explains the **science-based** way to diagnose, treat and eat for the leading causes of bloating in tremendous detail. In her book, she addresses common internet myths about causes of and treatments for bloating; explores the evidence behind popular dietary and nutritional regimens promoted for bloating; and discusses the open questions that science has yet to answer. She does so from a platform devoid of conflicts of interest, with no material affiliations with any labs, supplement manufacturers or pharmaceutical companies.

3. Fiber can be a bloated belly's friend... or foe.

Fiber refers to plant-based carbohydrates that humans lack enzymes to digest, and it plays a key role in digestive health and function. There are different types of fiber, and their individual properties—namely, water solubility and fermentability-- play a role in how various fiber-rich foods will affect someone with bloating. **THE BLOATED BELLY WHISPERER** categorizes the different types of fiber; explains how they affect stool texture and the transit time of food through the digestive tract; and describes which types of fiber will produce the most and least intestinal gas. Readers will learn which types of fiber are most likely to aggravate each type of bloating, and which will be best tolerated. They'll also get tips on how to modify favorite fiber-rich foods to improve tolerance. Finally, the book offers a helpful 2x2 matrix of fiber-containing foods that classifies them along the dimensions of solubility and fermentability so that readers can hone in on the healthiest foods they're most likely to tolerate.

4. You can keep chronic bloating in check while enjoying a varied, flavorful, healthy diet (and eating out!)

So many people plagued by unexplained, chronic bloating have whittled their diet down to a small handful of "safe foods"-- like bananas, plain chicken and white rice-- for fear of provoking symptoms. But once you understand how your digestive system (mal)functions to produce bloating, you can hone in on a therapeutic diet that's designed to work around it. **THE BLOATED BELLY WHISPERER** outlines three

main therapeutic diets that are relevant to most types of bloating, and features 50 flavor-forward, belly-friendly recipes developed by former *Bon Appetit* food editor Kristine Kidd. Beyond these recipes, readers will find sample menu ideas adapted to four common eating patterns: plant-based, omnivore, Paleo and gluten-free—demonstrating how they can adapt the therapeutic bloating diet that’s right for them to their preferred dietary patterns and cuisines.

5. Dietary supplements can be part of the bloating solution... or part of the problem.

Many people who are wary of taking medications peddled by “big pharma” will think nothing of popping pills marketed as “dietary supplements.” But unlike prescription medications, dietary supplements are scarcely regulated for quality, safety, purity or efficacy in the U.S. As would be expected, supplement marketers often capitalize on this chaos, and the desperately bloated are at high risk for being sold snake oil. Readers of **THE BLOATED BELLY WHISPERER** will learn which dietary supplements have a solid evidence basis for helping alleviate specific types of bloating; which supplements lack evidence to support their safety or efficacy; and the potential benefits and risks associated with supplement use (in general) and certain products (in particular).