



Beat the Bloat - Saying Goodbye to Stomach Bloating Forever (Paperback)

By Deb Maselli

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is not a book about water retention. This book is for people whose stomach bloats nearly every day, usually after eating. It is a step by step guide that explains why your stomach bloats, why you have excess gas, and how to eliminate bloating and gas by healing your digestive tract through the use of inexpensive and widely available supplements. How does your stomach feel? Okay in the morning, but by the afternoon you look a little pregnant? You bloat after eating? Your bowel habits have become unpredictable? You used to have an iron stomach, and now you don't? You can thank the Standard American Diet (the S.A.D) for your woes. The S.A.D. derails healthy digestion. Once the digestive tract is compromised, bloating and gas result. Even worse, the S.A.D. doesn't just compromise your digestion while you're eating it. It compromises your digestion permanently, until you take steps to undo the damage. If you're already suffering from a chronically bloated stomach, cleaning up your diet won't fix the problem. Your digestive system needs...

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This publication is great. It really is packed with knowledge and wisdom. Your daily life period will probably be transform when you complete reading this article book.

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