

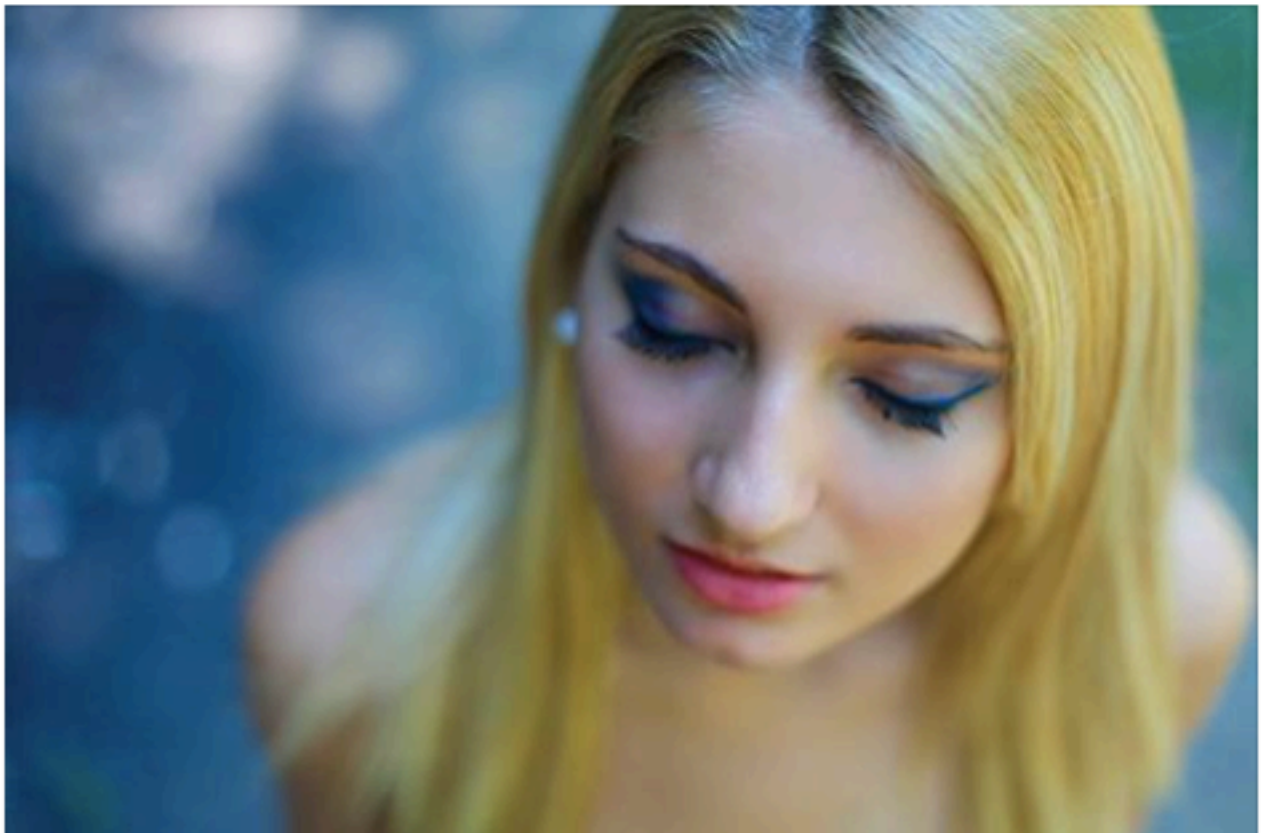


Energy Times

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Quick Review: Beating Bloat

You know the feeling, that sense that someone has pumped you full of air and now your jeans refuse to fit. As annoying as it is, bloat can be a symptom of underlying problems--some of which can be worrisome. In *The Bloat Cure* (Avery, <http://www.penguin.com/meet/publishers/avery/>), Robynne Chutkan, MD, founder of the Digestive Center for Women in Chevy Chase, Maryland, provides an astounding 101 possible reasons for your discomfort with solutions that range from drinking flat water instead of fizzy up to advanced diagnostics to determine the presence of ovarian cancer. You're in good hands; as Chutkan says, "I've helped deflate thousands of women."



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