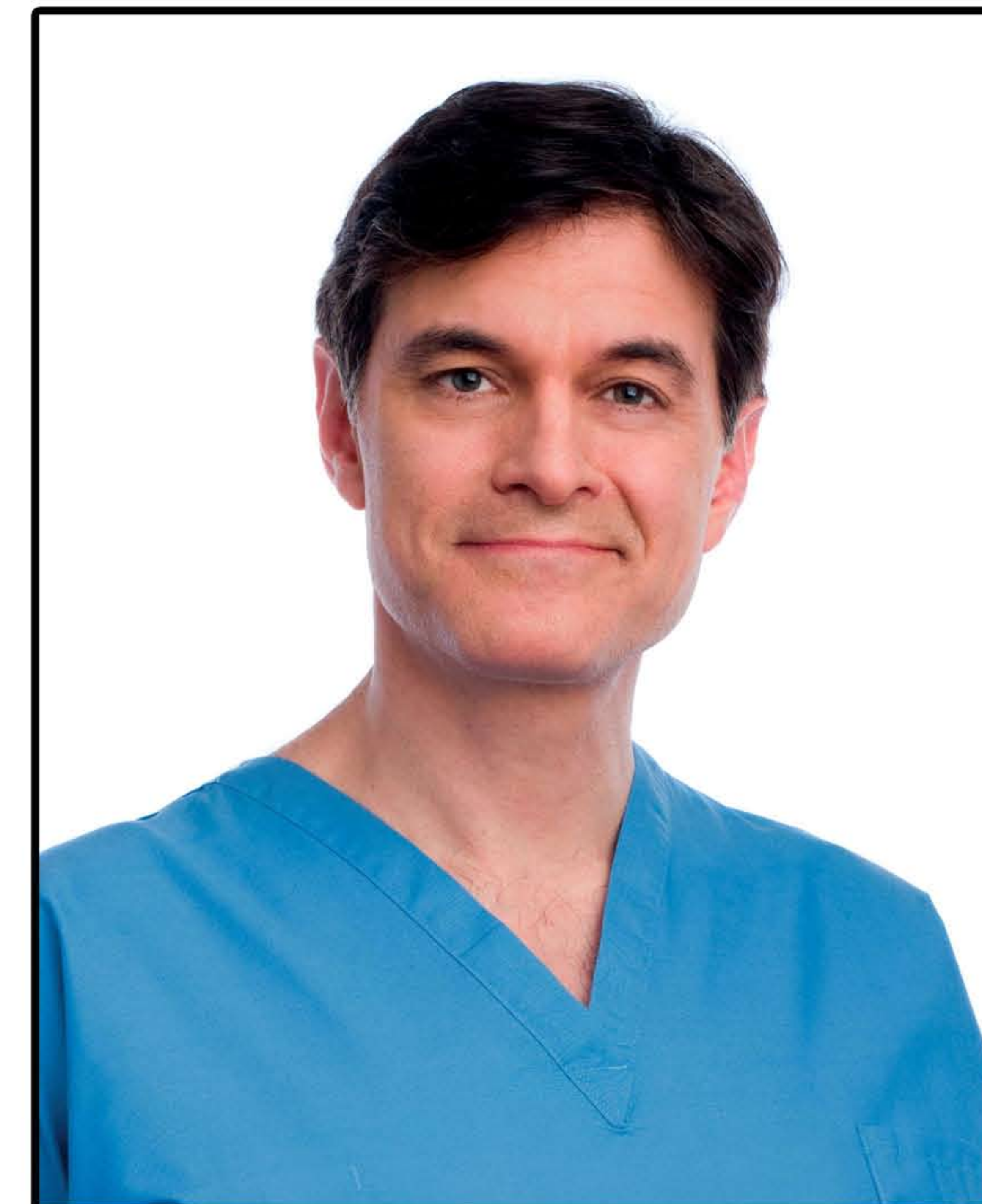




## Dr. Mehmet Oz Shares Easy Tips on How to Avoid the Discomfort of Bloating



By KATIE ESCHERICH and KATE McCARTHY  
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### 4 Common Bloating Offenders:

- Carbonated beverages/fake sugar
- Wheat
- Certain fruits and vegetables
- Dairy

### How to Help Prevent or Stop Bloating:

- Seek Out **Gluten-Free** Foods
- Look for **Dairy-Free** Products or Those Containing Lactase

