



A Woman's Guide to a Healthy Stomach: Taking Control of Your Digestive Health

Jacqueline Wolf

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Why do my jeans fit only in the morning? Why am I always guzzling Pepto-Bismol before a big meeting? Could my PMS cramps mean something serious?

Here, finally, are the answers to these questions, and hundreds more, about the nagging stomach problems that plague so many women. In this reassuring guide, Dr. Jacqueline L. Wolf, a leading expert in the field of gastrointestinal health, explains the causes and cures for women's most common digestive ailments (including bloating, constipation, diarrhea, acid reflux, IBS) and more serious, life-altering conditions like Crohn's disease and endometriosis. This candid book deals with sensitive issues in a down-to-earth way and eradicates once and for all the secrecy and shame surrounding these urgent problems.

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