



# **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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