

WORST-CASE SCENARIO®

HOW TO SURVIVE IF YOU HAVE EXCESSIVE GAS

1 Limit your lactose intake during the date.

Many people suffer from an inability to digest milk sugar, or lactose. Colon bacteria ferment the milk sugar, forming a gas that creates a bloated feeling. Keep your intake to less than half a cup at a sitting, and avoid dairy products before your date.

2 Eat a small meal.

Eating a huge dinner on a date is a sure-fire way to precipitate gas.

3 Avoid gas-forming foods.

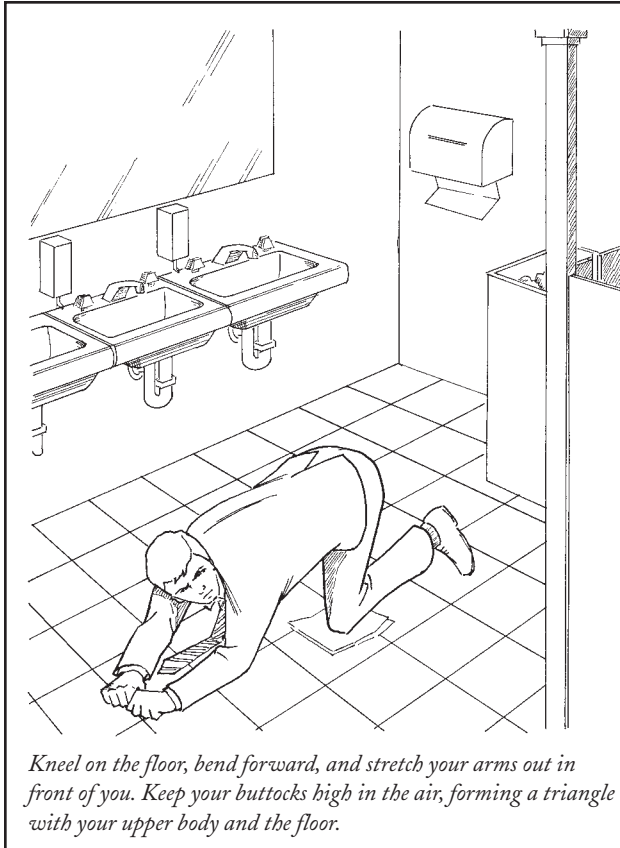
Bacteria ferment the indigestible carbohydrates in beans, broccoli, cabbage, and other vegetables and fruits into gases.

4 Drink peppermint tea.

Replace an after-dinner drink with a cup or two of peppermint tea. This herb may give you some relief from the gas discomfort that follows a meal.

5 Emit the gas in private.

As a last resort, head to the bathroom. If you feel bloated but are unable to pass gas easily, you can facilitate the emission of gas as follows:



Kneel on the floor, bend forward, and stretch your arms out in front of you. Keep your buttocks high in the air, forming a triangle with your upper body and the floor.

Place paper towels on the floor. Kneel on the towels, bend forward to the floor, and stretch your arms out in front of you. Keep your buttocks high in the air, forming a triangle with your upper body and the floor. This position will force out the unwanted gas and relieve the pressure.

Be Aware

- On average, humans produce $\frac{3}{4}$ of a liter of gas daily, which is released 11 to 14 times a day.
- Men typically produce more gas than women because they consume more food.

GASSY FOODS TO AVOID

No two digestive systems are alike. Experiment with foods to determine which ones affect you most. In the meantime, exercise caution around the following high-risk items:

- Beans (particularly baked beans)
- Borscht
- Broccoli
- Brussels sprouts
- Cabbage
- Carbonated beverages
- Cauliflower
- Chili
- Cucumbers
- Fatty foods
- Fresh fruit
- Grains and fiber, especially pumpernickel bread
- Gum
- Onions
- Oysters
- Salads (green)