

## No bloating about bloating

\*\*\*SOT\*\*\*

Dr. Aminat Ogun [ah-ME-not // oh-GOON], OSF HealthCare family medicine physician

**“It might feel like your stomach is full, swollen or sometimes tender. It can cause some discomfort.” (:08)**

\*\*\*SOT\*\*\*

Dr. Aminat Ogun [ah-ME-not // oh-GOON], OSF HealthCare family medicine physician

**“The body takes its time before its able to pass food from the stomach to the small intestine.” (:05)**

\*\*\*SOT\*\*\*

Dr. Aminat Ogun [ah-ME-not // oh-GOON], OSF HealthCare family medicine physician

**“Have a food diary. See what triggers your bloating symptoms and see if you can eliminate those foods.” (:08)**