

BODY & HEALTH

Avoid the 'passing game'

CHARLES LEROUX
Chicago Tribune

Is Super Bowl Sunday a holy day for you and your friends?

Are you thinking about the feast: the cheese and sausage plate, hot wings and hot dogs, the chili with beans, pizza, cheeseburgers, the bean dip—all of which you'll wash down with beer and pop. Maybe, in a concession to healthy eating, you'll dip into the broccoli and cauliflower.

Bill Downs is here to inform you that the typical Super Bowl party turns the gastrointestinal tract (or GI as pros like him call it) into a natural gas pipeline. Your party could go up in flames or at least become a series of what Downs calls "methane moments."

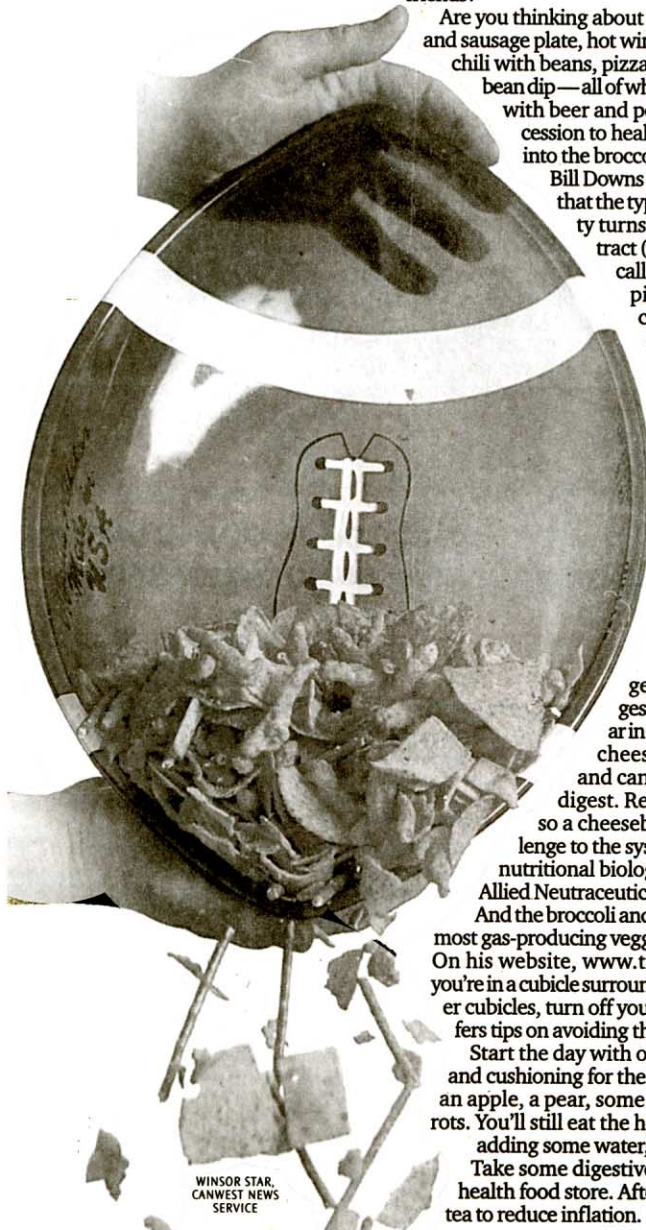
By the end of the first quarter, said Downs, 54, a specialist in the causes and calming of flatulence, "It's time to stand back, there's gonna be an earthquake!"

"You're throwing together things you digest quickly like the sugar in sodas with things like cheese that are blockers and can take three hours to digest. Red meat also is slow, so a cheeseburger is a real challenge to the system," says Downs, a nutritional biologist and president of Allied Nutraceutical Ingredients.

And the broccoli and cauliflower are "the most gas-producing veggies on the planet." On his website, www.trafon.com, (and, if you're in a cubicle surrounded by people in other cubicles, turn off your sound), Downs offers tips on avoiding the passing game.

Start the day with oatmeal. It's calming and cushioning for the assault to come. Eat an apple, a pear, some grapes, celery, carrots. You'll still eat the hot dog, but you'll be adding some water, fibre and nutrients.

Take some digestive enzymes from the health food store. Afterward, drink green tea to reduce inflation.



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