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Why Super Bowl Fans Stink

Beer. Wings. Fries. Chicken fingers. Pizza. Subs. Chips 'n dips. Peanuts, pretzels, Cheetos, Cheez-Its ... and lots of soda.

Super Bowl party foods have an unspoken dark side that's among society's last taboos: the unsportsmanlike flatulence that results from gastrointestinal distress. Passing the football is OK, but passing gas--that's an interference penalty!

Indeed, football fans around the country will be joining the inactive list as their bodies fail to digest a perfect storm of spicy, saucy, salty, and fatty foods.

Flatulence, stomach pain, bloating, heartburn, indigestion, and growling guts are all conditions that can be end-run by fans with a good Super Bowl party defense. Interview Bill Downs, one of the world's foremost experts on diet and digestion, and find out how football fans can avoid gassing out their guests at this year's Super Bowl party. Bill can provide a playbook that will help fans keep their taste buds buzzing and their digestive tracts humming during (and after!) the big game.

Downs has over twenty years of expertise in diet, digestion, nutrition science, and biological chemistry. He's also published several peer-reviewed studies, and is the author of the Trafon blog(http://www.Trafon.org), the first 'fart blog' to promote serious discussion on the root causes of digestive disorders, gastrointestinal diseases, and what people can do about them.

Downs can also discuss:

* How to prepare a Super Bowl party tray that will keep people munching and smiling, without polluting the TV room's air by halftime
* What Super Bowl party foods are most likely to cause indigestion
* The best foods to snack on at parties, including alternative foods
* Why people tend to get gassy at parties
* What's the most polite way to tell someone they have offensive gas
* How to survive parties without over-stressing your digestive system
* The biochemical processes that cause indigestion
* How to control indigestion over the long-term
* What causes flatulence (farting)
* Why farts are funny to everyone except the person suffering with them
* Why some foods cause GI distress in some people, but not all people

To arrange an interview with Bill, contact Jackie Zima at 610-642-8253, x138, or Jackie@GregoryFCA.com. Thank you for your consideration!