

## **Sarah's Upset Stomach**

Sara needed to see the doctor. She had an upset stomach. She felt bloated, and needed to pass gas every minute or so. This was terrible. She couldn't go anywhere in public.

Her friends told her it was because she had moved to America. The air, water, and food in America weren't agreeing with her. They said she would have to return to her home country.

"No way," Sara said. She didn't want to go home. She liked America. This was a minor problem, she was sure. Any good doctor would solve it in no time. Two days later, she saw her doctor. He asked her if she drank milk. She said yes, three glasses a day.

"Don't drink any more regular milk. Start drinking lactose-free milk, because lactose can upset your stomach."

Then he asked her if there were any big problems in her life. She said that her boyfriend was a big problem. He wanted to get married, but she didn't. The doctor said that she should find another boyfriend.

"Why?" Sara asked.

"Because your boyfriend is giving you too much stress. He is probably the main cause of your upset stomach."

"I don't think my boyfriend is going to like that."

"Just tell him if he really loves you, he should leave you."

## **Vocabulary:**

**bloat** [bloht] **Show IPA**

**verb (used with object)**

1.

to expand or distend, as with air, water, etc.; cause to swell: Overeating bloated their bellies.

2.

to puff up; make vain or conceited: The promotion has bloated his ego to an alarming degree.

3.

to cure (fishes) as bloaters.

verb (used without object)

4.

to become swollen; be puffed out or dilated: The carcass started to bloat.

noun

5.

Also called hoven. Veterinary Pathology . (in cattle, sheep, and horses) a distention of the rumen or paunch or of the large colon by gases of fermentation, caused by eating ravenously of green forage, especially legumes.

6.

a person or thing that is bloated.

7.

bloater ( defs 1, 2 ).

**up-set [v., adj. uhp-set; n. uhp-set] Show IPA**

**verb (used with object), up-set, up-set·ting.**

1.

to overturn: to upset a pitcher of milk.

2.

to disturb mentally or emotionally; perturb: The incident upset her.

3.

to disturb or derange completely; put out of order; throw into disorder: to upset a system; to upset a mechanism; to upset an apartment.

4.

to disturb physically: It upset his stomach.

5.

to defeat or overthrow an opponent that is considered more formidable, as in war, politics, or sports.