

**the beano and the pdf**

This disambiguation page lists articles associated with the title Beano. If an internal link led you here, you may wish to change the link to point directly to the intended article.

**Beano - Wikipedia**

The Beano is the longest running British children's comic magazine, published by DC Thomson. The comic first appeared on 30 July 1938, and was published weekly.

**The Beano - Wikipedia**

The enzyme inhibitors (which can be toxic to us) can be minimized, or eliminated, in as little 8-24 hours. We can achieve this by soaking grain and beans in warm water with an acid (ex. yogurt, whey, lemon juice~ See below).

**Soaking Beans and Grains ~ ByeBye Phytic Acid & Beano**

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The chief culprit in smelly gas is high sulfur foods such as cauliflower, asparagus, eggs and meat. Although beans are famous for making people pass gas, they are less likely to produce smelly gas.

### **Foods That Cause Bloating, gas pain and flatulence - SciTrition**

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El bingo (del inglés bingo) es un juego de azar que consiste en un bombo con un número determinado de bolas numeradas en su interior. Los jugadores juegan con cartones con números aleatorios escritos en ellos, dentro del rango correspondiente.

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