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Go with Your Gut: The Insider's Guide to Banishing the Bloat with 75 Digestion-Friendly Recipes

Robyn Youkilis

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How We Digest Our Food is How We Digest Our Lives
If you're like most women, you've been on the never-ending quest for the “perfect” diet since you were a teenager, constantly trying to find the trick that will “fix” your body. You've sworn off all bread and carbs, skipped meals, tried to subsist solely on green drinks. You've maybe even taken a “supplement” that promised to help you lose those last 5 (or 10, or 15) pounds.
Does this sound familiar? It's sooo exhausting, right?

Obsessions with weight, diet, exercise, and even health don't have to be a part of everyday life. Anyone can change their relationship with food and their body. We need to slow down and learn to listen, and focus on what our symptoms - weight gain, fatigue, insomnia, bloating, indigestion, and constipation - are telling us. Through her health coaching practice, Your Healthiest You, Robyn Youkilis has helped thousands of women discover the real reasons why they feel like their bodies just aren't listening to them, reconnect with that gut instinct, and learn how to make choices from that place of inner wisdom.
?In Go With Your Gut, you will get the what, why, and how of creating a truly healthy lifestyle. Each chapter includes a practice to reinforce Robyn's simple, yet effective, lessons, such as “Breathe”, “Chew”, “Eat”, “Drink”, “Shop”, and “Shed,” plus over 75 healthy, easy and insanely delicious recipes - from the Superhuman Breakfast to Chocolate Cake to homemade Sauerkraut. With these practices and recipes you will have everything you need to learn to listen to your body and love your life.

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Richard Barbosa:

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