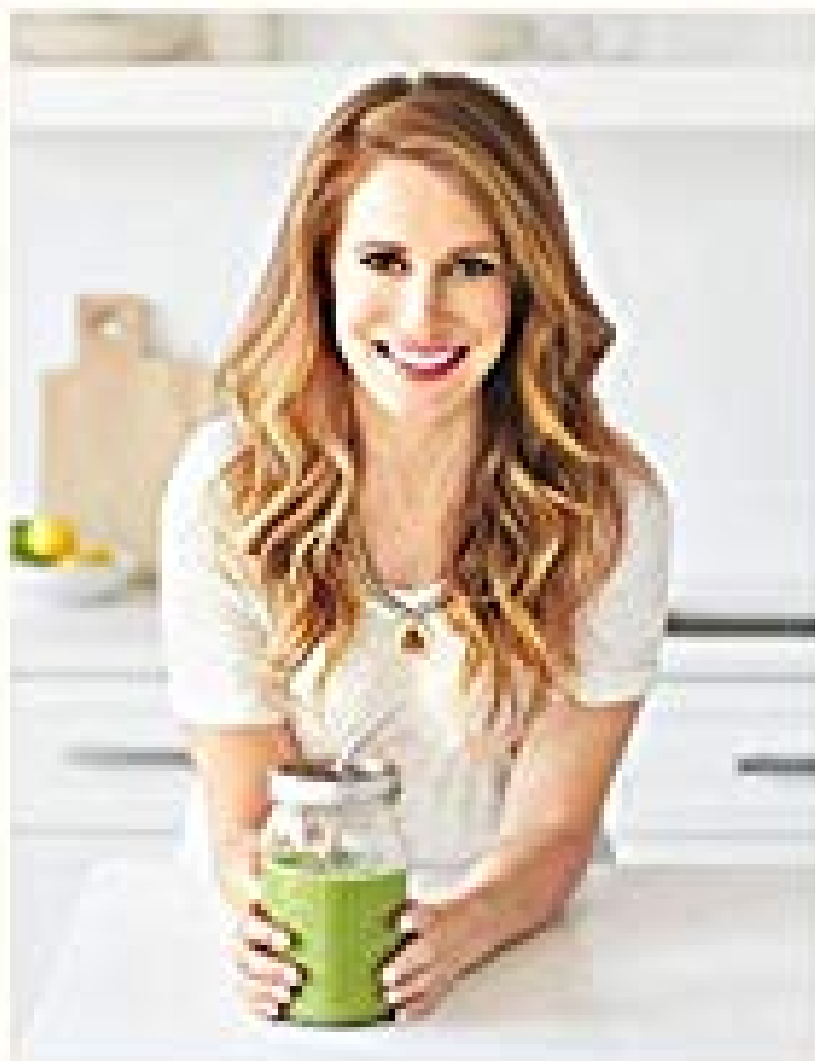


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# GO WITH YOUR GUT



THE INSIDER'S GUIDE TO BANISHING THE BLOAT  
WITH 75 DIGESTION-FRIENDLY RECIPES

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**ROBYN YOKILIS**

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



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When nutritionist Robyn Youkilis began her training practice, she quickly realized that almost all complaints she heard from customers were approximately their digestion. OPT FOR Your Gut will help you become your healthiest self. This exciting new reserve helps you to change your relationship with food as well as your body by focusing on what your symptoms are telling you and building new behaviors into daily life at a manageable speed. If your digestive tract isn't functioning properly, it is possible to gain weight and suffer from fatigue, insomnia, bloating, indigestion and IBS. From a Superhuman Breakfast to a good-for-you Chocolate Cake, from a Rose and Berry Smoothie to an ideal Detox Salad, Robyn shares more than 75 delicious yet simple quality recipes to help you on that path. This exciting new reserve helps to change your relationship with food as well as your body by focusing on what your symptoms are telling you.



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I read it at night before bed. She doesn't err too stringent but she's not really lax either. In this book, I particularly liked her focus on digestive wellness because so much is being uncovered about the gut as both a central part of the body's immune system along with its surprising part in mood regulation.]]?Go with Your Gut will keep your belly happier, your brain clearer, your body more energized, as well as your connection to your intuition stronger! This is a pic of the Spicy Nice Potato Soup I made ( I love it with the hearty veggies).I read the entire book within a week!). After many years of not merely abdominal issues but bowel problems this reserve has changed my entire life. Her guidelines are so useful and the 21 Day Chewing Challenge I enrolled in was an excellent addition. I am not wanting to eat better and feeling better. I actually am LOVING this reserve (seriously. I also want to follow Robyn on Facebook and Instagram. Thank you for changing my entire life. In case you are on the fence about buying it - BUY IT. It's quickly become one of my go-to books for gut health info and super yummy recipes. Truth!! Funny, relatable and awakening! I absolutely love this reserve! I was in a rut about what . Robyn's books (that one and "Slim from within") are perfect resources for connecting more to personal, intuition and a grounding space around eating habits. :) WONDERFUL BOOK AND WONDERFUL READ! Thank you for speaking your truth. PS - Her detox salad is definitely delicious. With deep gratitude - JD Great advice about a wholesome gut + quality recipes galore! I am in no way a cook, but I was so happy to make my very own sauerkraut and also have it turn out amazing!..A Gem for Both Foodies and Newbies I've been following Robyn for a while because I must say i enjoy her laid back be-healthy-but-eat-cake-at-the-party information. I'm dangerously close to sleeping with it cuddled next if you ask me). Robyn provides some great tips and tricks for helping you digest much better - plus some awesome gut-friendly recipes. It is so visually beautiful, is packed with easy to understand education regarding ... I adore this book! Robyn has been my gut health guru for years and her wisdom, ?approach, and intuition are unmatched. You will be happy you did. Opt for Your Gut will leave your stomach happier, your body more energized, as well as your connection to your intuition stronger! I've been eagerly anticipating Opt for Your Gut as soon as I then found out that Robyn was writing it. Robyn is usually a lovely and real individual going through real daily practices, where she shares a lot about her existence and how her meals habits have changed over time. It really is so visually beautiful, is packed with clear to see education regarding gut health, super simple ideas to incorporate into your daily routine, and drool-worthy quality recipes. It remained the only publication on my kitchen counter for a complete year when I bought it and has been my go to ever since. LOVE the super accessible tone of this publication-Robyn truly speaks for you and it is anything but intimidating. It really is less a cookbook and even more a guide to keep your gut healthful and working for YOU. Her stories are inspiring and her dishes are easy, doable and delicious. And the recipes are ?beyond ?delicious! The best may be the chia pancakes, everyone in my own family enjoys them! As a vegetarian I also loved that a lot of of the dishes in Robyn's reserve are plant-structured, although she does offer some modifications.. Not to be skipped! Healthy, creative, very clear, honest cooking. This colourful, happy and informative publication is separated into very clear, succinct sections celebrating sweets, savory foods, liquids, etc. I'm a fairly particular eater - mainly vegan, no soy, cautious to food combine - nevertheless I found the recipes very easy to modify. Among my very beloved go-to's for healthy feeding on - one of the most delicious recipes I've ever made! Her soups are A++ and the muffins are on a repeat at his house (you'll have to purchase it to find out what they flavor like! I recently purchased this publication after seeing it listed on one of the best yogi's facebook. Robyn - many thanks for making cooking food easy, fun and healthy! Highly recommend! Robyn can be an amazing health coach and speaks the

reality about fueling the body with the very best foods + hydration. Five Stars the book has alot of information. Perfect stability of flavors! I've implemented Robyn in social media for a few years and really love her energy, which was apparent throughout the publication. I appreciate the mind-body areas of the book as well. Highly recommend! A must buy!! I love that she wove in true spiritual truths into this phenomenal book about digestion! I settled in with the best tea and devoured every term as soon as I received my copy. I love how the publication is organized - in each chapter Robyn shares personal stories and coaching information along with simple but incredibly effective practices for the reader to implement. A must have!!! This book is so amazing! I've find out so very much about gut health! Today I can manage my blog page and gut health like a champ! Therefore happy I acquired this book! Simple quality recipes that are existence changing! The lemony lentil soup can be I think the very best soup I've ever made. buy the book Great writer Easy to understand the message Five Stars Love this publication! I've discovered how to eat right and feel great LOVE the super accessible tone of this book—Robyn truly speaks ... It is the perfect stability of useful and spiritual, info and action products. Robyn reduces why a healthy gut is indeed important and how exactly to tidy up your gut and nourish the body with ease even though having a great time. I've implemented a few tips (chewing, not drinking before during or after meals, pairing probiotics) and it's been a gamechanger for my digestion. This reserve also made me recognize that I wasn't chewing my food. Gut-friendly, healthy and satisfying I really like this book. In Opt for Your Gut, Robyn offers all of her best tips, practices, and recipes to greatly help readers transformation their relationship with food and their body. Therefore informative and useful with delicious dishes.? [You have to try the pumpkin muffins! This book found me at an ideal time! It's like seated with your companion talking about the real struggle with diet programs, fads, quick fixes and ultimately ourselves... This book found me at the perfect time! I was in a rut in what I was cooking food and what I was eating. Robyn (this book) helped me tune into my body, helped me pay attention to amount out what I must say i needed to nurish and gasoline myself. I feel light and greatest of all—indigestion free. Among the best!. has produced the biggest difference/impact on me! Trust me you can find SO many helpful points in the reserve, you won't be disappointed!



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