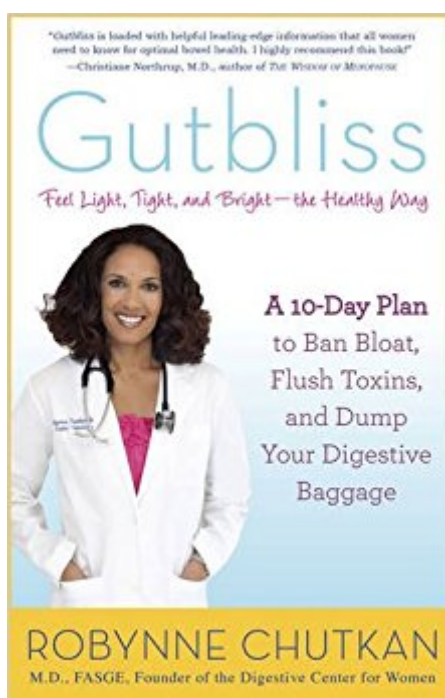


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Gutbliss: A 10-Day Plan To Ban Bloat, Flush Toxins, And Dump Your Digestive Baggage



Synopsis

A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women's bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. Gutbliss offers: A primer on the real reasons for gastrointestinal distress, and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits "from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as Wheat Belly, Dr. Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness.

Book Information

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Customer Reviews

"Packed with no-nonsense explanations, real-life patient stories, and remedies, this guide will empower women to recognize their particular digestive health issues and proactively work with their medical professionals to prevent, treat, and solve them." Publishers Weekly "Gutbliss is loaded with helpful, leading edge information that all women need to know for optimal bowel health. I highly recommend this book!" Christiane Northrup, M.D., author of The Wisdom of Menopause "Dr Chutkan blasts away the bloat as she tastefully explains the guts of our

problems.â •â "Mehmet Oz, M.D.Â â œMillions of Americans suffer needlessly from digestive problems. Gut issues are at the core of many health problems including autoimmune disease and even obesity and diabetes. Â Dr. Robynne Chutkan maps out a clear strategy for gut health and restoring optimal health. If you have digestive problems, look no further,Â and buy this book!â •â "Mark Hyman, M.D., author ofÂ The Blood Sugar SolutionÂ Â â œIf youâ™re tired of dreaded bloat or muffintop, Dr. Chutkan offers a novel prescription for making your gut work for you, not against youâ™and her 10-day plan is scientifically robust yet transformative. Get the book, and give her 10 days. Youâ™ll discover the small hinge that swings big doors.â •â "Sara Gottfried, M.D., author ofÂ The Hormone Cure

Robynne Chutkan, M.D., is one of the most recognizable gastroenterologists working in America today and is the author of Gutbliss and The Microbiome Solution. Dr. Chutkan has a B.S. from Yale and an M.D. from Columbia, and operates and teaches in the gastroenterology department at Georgetown University Hospital. An avid snowboarder, marathon runner, and Vinyasa yoga practitioner, she is dedicated to helping her patients live not just longer, but better lives.

Practical and easy to read. She answered a lot of questions I had.

Great book with much sound advice and explanation. Helped me change my eating habits.

This is a must read for anyone suffering from digestive issues. I learned so much!

Very basic. Didn't find out anything that you can find out on the internet for free.

First saw this book and its author featured on Dr. Oz. I don't typically buy things because they are recommended on a television show but what she spoke about made sense. There is a ton of great information in this book from a doctor that takes into account the whole person; a common sense meets science approach. The book is divided into three parts; Digestion 101, What's Gone Wrong In Your Gut? and On The Path To Gutbliss. She includes a list of foods to avoid (SAD GAS) Soy, Artificial Sweeteners, Dairy, Gluten, Alcohol and Sugar, foods to limit, and foods to include. A worthwhile investment.

This book will change your life. It is such an amazing read!!

Good book

great

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