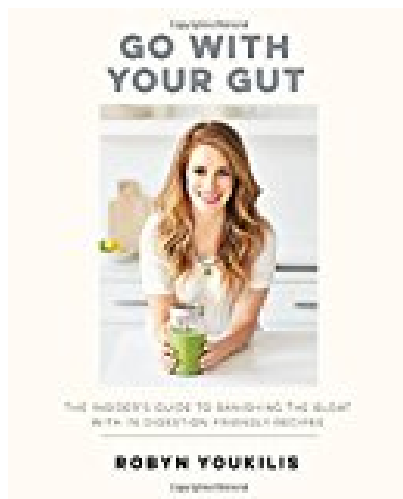


# Go with Your Gut The Insiders Guide to Banishing the Bloat with 75 Digestion-Friendly Recipes

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## BOOK DETAILS

- Author : Robyn Youkilis
- Pages : 192 Pages
- Publisher : Kyle Books
- Language : English
- ISBN : 190948735X



## BOOK SYNOPSIS

Robyn Youkilis exciting new book is a comprehensive guide to rehabilitating gastrointestinal distress through a holistic lifestyle. Included are 75 delicious recipes to help clean the gut. Robyn Youkilis shares years worth of hard-earned tips and tricks to counter particular symptoms and each chapter provides a practice to help reinforce behavior changes.

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