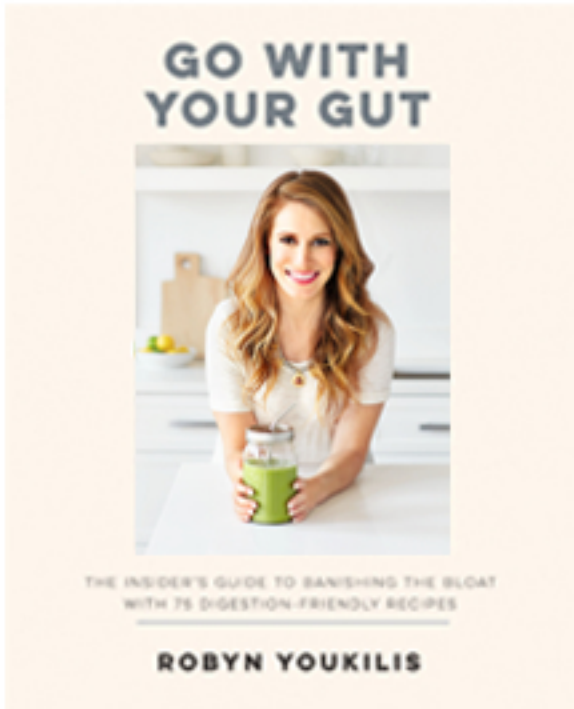


# GO WITH YOUR GUT

## *The Insider's Guide to Banishing the Bloat with 75 Digestion-Friendly Recipes* By Robyn Youkilis, AADP



★ *“This is not just another diet book – this is a pathway to true healing. If you’re ready to go big and own your power, then GO WITH YOUR GUT!”*  
— Gabrielle Bernstein, author of The New York Times bestseller *Miracles Now*

★ *“Don’t miss this book!”*  
— J. J. Virgin, author of New York Times bestsellers *The Virgin Diet* and *Sugar Impact Diet*

★ *“Robyn is a true inspiration when it comes to healthy living. I’m lucky to have her on speed dial ... now with *Go with Your Gut*, my amazing friend has a whole book that helps us all be and feel like our best selves.”*  
—Katie Lowes, star of the TV show *Scandal*

### **About the Author:**

**Robyn Youkilis, AADP**, is a certified wellness expert, TV personality, and author. She regularly advises *The Today Show*, *People*, *Redbook*, and thousands of women when they look in the mirror and ask, “What do I do? I can’t deal with another diet”. Known for her straightforward yet supportive style, Robyn helps her clients through her health coaching practice, *Your Healthiest You*, break free of the craziness of dieting and connect to their inner “sparkle”—their truest and best selves—through no-nonsense action steps. She’s been featured by *The Cooking Channel*, *The Wall Street Journal*, *Health*, *Men’s Fitness*, *Fitness*, *The Huffington Post*, *CBS News*, *NYLON* and more. Robyn lives in New York City and Los Angeles with her husband and daughter. Become a part of the #GoWithYourGutBook community at [www.RobynYoukilis.com](http://www.RobynYoukilis.com). Follow Robyn on Twitter @RobynYoukilis; on Facebook at /YourHealthiestYou; on Pinterest at Robyn Youkilis; on Instagram at Robyn Youkilis.

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Certified wellness expert, television personality, and health writer Robyn Youkilis will bet you a green juice that you don't know all the bodily functions that are affected by your digestive system. Most of us have no idea how much the health of our bellies impacts our lives and bodies. In fact, about 40% of the world's population has one digestive issue at any one time and 15% of the U.S. population suffers from IBS alone. The health of your digestive system influences everything—energy, mental focus, mood, and appearance (hair, skin, nails, weight). The better your body is able to process and use the nutrients from your food, the better you feel. Not to mention, your digestion plays a big part in how often you get sick and how often your body can take out the "trash".

"Taking it a step further, I believe there is a connection between a powerfully functioning gut and a powerfully functioning 'gut instinct. When the belly is at its healthiest, we can hear those gut messages loud and clear'" says Robyn. "How we digest our food is how we digest our lives. And my ladies, when our insides and outsides are in sync, it's like we are covered in sparkle dust—the best of who we are gets turned up ten notches."

In her breakthrough, new book *GO WITH YOUR GUT: The Insider's Guide to Banishing the Bloat with 75 Digestion-Friendly Recipe* (Kyle Books; February 2016; Paperback; \$22.95), Robyn shares the what, why, and how of creating a 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.

Robyn 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. As she points out in the book, fad diets and miracle supplements are the wrong approach to sustainable weight loss and overall health. "The key is to change your relationship with food and your body," Robyn says. "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."

With the straightforward practices and no-fuss recipes, *GO WITH YOUR GUT* will teach you how to make choices that support your healthiest you while still having fun and living your life, so that you too can truly sparkle from the inside out.

In *GO WITH YOUR GUT*, Robyn reconnects readers with their "gut instinct" to learn how to make choices from that place of inner wisdom. She dishes out in her savvy and witty style the what, why, and how of creating a truly healthy lifestyle. Each chapter introduces a practice to reinforce each of Robyn's simple and effective lessons accompanied with more than 75 healthy, quick-to-make, and wonderfully delicious recipes.

- Breathe: The 1-2-3 Food Freedom Tools and the Superhuman Breakfast – to wake up with a purpose
- Chew: Take the 21-Day Chewing Challenge and enjoy crunchy Spiced Raw Veggies
- Eat: Practice the Gut Guidelines and treat yourself to super yummy Happy Joes and the Perfect Detox Salad
- Drink: Become thin from within with water, the ultimate Water Flavor Chart, and satisfying smoothies and juices. (You have to try the Cinnamon Toast Smoothie!)
- Flow: Let's talk about poop with the 4 Qualities to Perfect Poop, the Good Poop List, and greens and veggies to get everything flowing
- Shed: Robyn unleashes her "Rule of 5" and soup's on—the belly's favorite food—with bowls of Spicy Sweet Potato Soup, Blended Salad Soup, and Bone Broth
- Listen: Kick craving to the curb with these upgrades to craveable foods. The Good Gut Gummies and the Oatmeal Chocolate Chip Powerballs are AMAZING!
- Nourish: Make sauerkraut and fermented foods your new best friends—and it's so easy to make your own (and better for you)! Check out Robyn's wholly unique Go with Your Gut Kraut Snack
- Shop: Make room for the good stuff by tossing out everything on the list of "Keep It Out of the Home, Office, Car, and Everyday Life," and learn how to create a Build-a-Bowl from base to protein mashup to sprinkled toppings galore to dressings
- Love: Love yourself by taking time each day to slow down and enjoy the present moment with some tea

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Digestion-Friendly Recipes**  
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Photography by Ellen Silverman  
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with Robyn Youkilis, please contact:  
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