

ROBYN YOUKILIS

your healthiest you



GUIDE TO MAGICAL DIGESTION

WHY GOOD DIGESTION IS SO IMPORTANT

When clients ask me how they can have more energy and naturally lose weight I always say that it begins with their digestion. No matter what you're eating (or trying to not eat!), it won't matter one iota if you don't tackle this first. Why? Because digestion is where your body's metabolic force begins – your mouth, stomach, organs, etc.. The harder it is for your body to process food and the more energy it needs to do so, the less energy you'll have for you and all the fabulous things you love to do.

Ever notice how you can feel super sluggish after meal times? That's because your body is working extra hard, pulling all of your resources, so that it can digest the food you ate.

WHAT GOOD DIGESTION CAN DO FOR YOU

Sick of having a bloated belly? Tired of feeling like you instantly went up two sizes in your pants after lunch? It all comes back to digestion, baby.

Good digestion can be the key to:

- ★ increased energy {goodbye 2PM slump!}
- ★ feelings of satiety and satisfaction from your meal {no more digging through your cabinets at night searching for something to curb that burning chocolate craving}
- ★ decreased bloating, gas and upset stomach {hey, we don't need Pepto Bismol!}
- ★ a naturally trim waistline
- ★ and, of course, pooping like a pro!

THE BLOATING BREAKDOWN

“I go to the bathroom regularly Robyn, but I’m still bloated after every meal.” Even if you think you are pooping enough, if you are bloated it means that something is not being digested properly, something is getting stuck in your system.

“Bloated” is often code for “I am fat.” It’s our nice way of saying that we’re not comfortable with our bellies, with our bodies, and often something specific in our lives. Fat is your body protecting itself. By following the tips in this guide, you’ll be able to release those stubborn toxins, negative thought patterns, and old habits that are not serving you plus gain simple insight into what you can add to your diet today to start feeling uh-mazing, meal after delicious meal. And PS, {almost magically} that excess fat will disappear.

MAGICAL DIGESTION BASICS

These are my most powerful tenets - they are the core of the work I do with all my clients. By following these simple tips you’ll be on your way to magical digestion in no time!

1. **Chew your food!** The number one question I get asked by my clients is, “What’s one thing I can do to feel better, be healthier, and lose weight?” My answer is always the same: **You need to learn how to start chewing your food.** Yup. Chewing. Each mouthful, until completely liquid, or at least total mush. Sexy, right?

But here's why learning (and implementing!) this simple practice is so important:

- ★ **Digestion begins in your mouth** - Even though we think our stomachs can do all the heavy lifting for us the truth is our stomachs don’t have teeth! Those are in your mouth because that’s your food’s first stop in the digestive process - breaking down food so it can be easily processed by the rest of your body. And bonus, your saliva contains digestive enzymes which further aid in digestion. If you don’t chew your food, that’s more work for your belly, which results in bloating, cramping, food comas, and other not-so-pleasant feelings (or sounds!).
- ★ **Chew more, eat less** - When you chew your food slowly and thoroughly you end up eating less, naturally. You’ll be able to listen to your body’s natural hunger cues and stop eating when you are actually full (versus 30 minutes later, which is likely what happens if you rush through a meal). You don’t need to think “I should be more mindful when I’m eating.” You’ll just naturally be **DOING** it through focusing on chewing each bite until liquid. So much easier this way!
- ★ **Enjoy every bite** - Thoroughly chewing each bite of food causes you to slow down and reflect on what you are eating. You will be more inclined to eat the things you

truly love because you'll really be tasting them. Plus you'll learn much faster what makes you feeling meh in your body or what makes you feel amazing.

I know what you're thinking "that all sounds awesome Robyn, but how do I actually put it into practice?" I get it - it can be hard to shift from this place of knowing to doing. So I created a mini coaching program called The Chewing Challenge to help you build your new chewing habit. For 21 days you'll receive daily emails, recipes, and inspiration to help make this new practice fun and doable!

[Sign up for the 21-day Chewing Challenge here!](#) It's free!

2. **Drink up! Water that is...** Because if your poop is a boat, how can it travel without a river? Water does it all - it helps form your saliva, regulates your body temperature through sweating, lubricates your membranes, joints, and spinal cord, and is vital to brain function. And when it comes to digestion, water is your body's everything. It flushes out those nasty toxins and clears the way for a balanced body and mind.

Not sure if you are getting enough? Here is a good formula to calculate how much you need so you don't have to think about it again. Simply divide your body weight by two and this is the number of ounces you want to drink each day. There are typically eight ounces in a cup, so divide your ounces by eight to determine how many cups or glasses you need. For example, a 130 lb. person needs 65 ounces or about eight glasses of water a day.

So how to put this into practice? Start your day with a giant glass of filtered water. Place it on your nightstand the night before or make it the first thing you do when you get up, whatever you need to do to make sure you have it. I would also recommend a squeeze of lemon if you have some at home. I love **[these 24 oz Mason Jars](#)** - if you drink this as you're getting ready you'll already have 3 glasses in before you're even out the door! And I ***almost*** don't even mind that my husband constantly leaves his empty jar in the shower! ;)

3. **Build up good bacteria with fermented foods.** When the right kind of bacteria are present in your body, not only are you better able to digest and metabolize the foods that you chew, but your body is also better able to extract the nutrient content from those foods. More nutrients absorbed from what you're eating = a healthy, more vibrant and more deeply satisfied YOU, in your belly, and beyond.

You've probably heard about probiotics (and hey, maybe you even take them) but did you know that one jar of naturally fermented sauerkraut is equal to about 9 bottles of probiotics? Fermentation jumpstarts the digestion process and lends anticarcinogenic (cancer fighting) qualities to your food. It also boosts your immune system. And, my friends, the immune system is really the center of it all - a strong immune system not only fights off colds and the flu, but also reduces chronic inflammation in the body (which can be the underlying cause of headaches, rashes, acne, and, you guessed it, bloating).

Here's a buffet of ferments to choose from: Sauerkraut, kimchi, pickled vegetables (just make sure these are all “lacto-fermented” i.e. there's no added vinegar in the ingredients! The ingredients should only list the vegetable, salt and herbs or seasonings and found in the refrigerated section of the store), tempeh (fermented soybean cake), miso, kombucha (a fermented tea beverage, drink in much smaller portions than the bottle says—only up to 4 ounces at a time), beet kvass (another fermented beverage primarily made from beets and water) and so many more.

[Recipe tip] New to fermented foods? One of my favorite little secrets to making fermented veggies great and super mild in flavor for newbies is to mix them with a little fresh lemon juice and mashed avocado. In addition to mellowing the flavor, the fat in the avocado helps to deliver the nutrients into your body. This little trick of a “recipe” generally makes fermented veggies easy for anyone to consume. You can eat the mixture on it's own or add it to salad.

4. **Eat plenty of healthy fats** - Our bodies need fat to help us feel full and metabolize the nutrients in the foods we eat, plus they lubricate all your organs to run their best (just like the oil in a car). When the women I coach come to me I find that they typically diet through their meals and eat through their days. This pattern leaves us feeling unsatisfied and unhappy, and not to mention our bellies all out-of-whack. Incorporating healthy fats into every meal is how we get out of our diet brain and learn how or what it means to really “feed” ourselves.

Here are my favorite healthy fats:

- ★ **Avocado**
- ★ **Olive oil**
- ★ **Coconut oil**
- ★ **Chia seeds**
- ★ **Others: Olives, shredded coconut, fatty fish (like salmon and sardines), dairy (sheep's or goat's milk are easier to digest), whole eggs**

A note on nuts: You'll notice that I left nuts (a very healthy fat) off of this list for now. Mother Nature designed a nut perfectly—with a shell that's hard to crack so we would only consume a small serving at a time. But honestly, who can do that? Especially with all those delicious nut butters! Bottom line to think about, nuts aren't popcorn and we can't eat them the same way. Best not to focus on them as a source of healthy fat for now until your digestive system is back up and running at full fabulous speed.

5. **Soothe your digestive track with aloe vera** - Most of us have a history of intestinal upset (whether from food allergies, artificial ingredients, stress, or a combination of things). Aloe vera calms, soothes and creates a happy environment for your belly - think of it like cooling any internal sunburn you got going on. Plus, it's guaranteed

to help you “go.”

For maximum benefits, have this “shot” in the morning and again before bed:

Aloe Vera Shot

Ingredients:

- 1 to 2 ounces aloe vera juice
- ½ an orange, freshly squeezed
- Splash of water if needed

Directions:

In a glass, mix together all the ingredients and drink!

Now that you’ve got all this brand new upgraded digestion knowledge, let’s put it to work! Write down 1-3 action steps you are going to take toward your own *magical* digestion. Then post your biggest take-away or plan of action on [Facebook](#), snap a pic and share it on [Instagram](#) or on [Twitter](#). I love supporting my community in any way I can so feel free to post questions or celebrations.

I also encourage you to invite your friends to get in on the {healthy} fun so they can start feeling as great as you do. [Click here to share: Robyn’s Guide to Magical Digestion.](#)

Can’t wait to hear from you!

**xoo,
Robyn**