



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

Dr. Robynne Chutkan M.D.

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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.

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