



**[ GUTBLISS: A 10-DAY PLAN TO BAN BLOAT,  
FLUSH TOXINS, AND DUMP YOUR  
DIGESTIVE BAGGAGE ] By Chutkan, Robynne (**  
**Author) 2013 [ Hardcover ]**

*Robynne Chutkan*

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# [ GUTBLISS: A 10-DAY PLAN TO BAN BLOAT, FLUSH TOXINS, AND DUMP YOUR DIGESTIVE BAGGAGE ] By Chutkan, Robynne ( Author) 2013 [ Hardcover ]

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**[ GUTBLISS: A 10-DAY PLAN TO BAN BLOAT, FLUSH TOXINS, AND DUMP YOUR DIGESTIVE BAGGAGE ] By Chutkan, Robynne ( Author) 2013 [ Hardcover ]** Robynne Chutkan Respected gastroenterologist Chutkan, founder of the Digestive Center for Women, candidly tackles the topic of female digestive health with this comprehensive and accessible manual. Chutkan explains the physiological differences that make women more susceptible to gastrointestinal complications than men, maps out the various parts and functions of the GI tract the "30-foot digestive superhighway" and talks about potential problems, from mild sluggishness, blockages, and bloat to diverticulosis, Crohn's disease, and irritable bowel syndrome. Structured in three parts "Digestion 101, " "What Could It Be?" and "The Path to Relief and Great Health" the book pinpoints the causes of GI distress and treatment options (with an emphasis on preventative lifestyle changes). Chutkan also explains connections between GI difficulties and seemingly unrelated topics, such as drinking from plastic water bottles and walking barefoot. The 10-day detox plan is easy to follow and includes a manageable collection of recipes. 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. Agent: Howard Yoon, Ross Yoon Agency

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