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book stems from my own personal journey and the hundreds of emails I receive from people on their personal quest for better digestive health. It began as a simple eating plan but evolved to something much

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greater as digestion is far from simple. As I've grown, I have got to know my body inside and out. I know what nurtures it and what irritates it. It's taken a lifetime to explore my constitution of health and the many possibilities that

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exist to help my body function and heal. Perfect Digestive Health includes a 14 day eating plan Healing recipes to support digestion The best foods to eat and what to avoid The best supplements and lifestyle factors



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way possible. Years of experience as a health and fitness expert have taught her that extreme diets and exercise regimes simply don't work in the long term--and they'll make you look haggard and frazzled in the short term. If you want to look great in a bikini, at any age, you've got to adopt a realistic diet and workout

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routine that integrates seamlessly into your daily lifestyle. That's why Taylor wrote the Beach Body Makeover--to show you exactly how to change the daily habits and triggers that are sabotaging your ability to look stunningly fit and trim in a skimpy bikini swimsuit. Taylor understands that the average woman can't

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afford a personal trainer or expensive supplements. She knows that most women juggle a busy schedule and possess limited time to exercise or plan a low-calorie diet menu that the entire family can enjoy. Taylor steers clear of recommending exotic "miracle" supplements or exercise plans requiring expensive exercise

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equipment. Instead, she shows you how easy it is to integrate an exercise routine at the office or while cleaning your home. You've got to clean your home anyway--so why not get bikini body ready at the same time? Taylor gets your body swimsuit ready by revealing: o specific negative calorie foods that will fill you up and

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