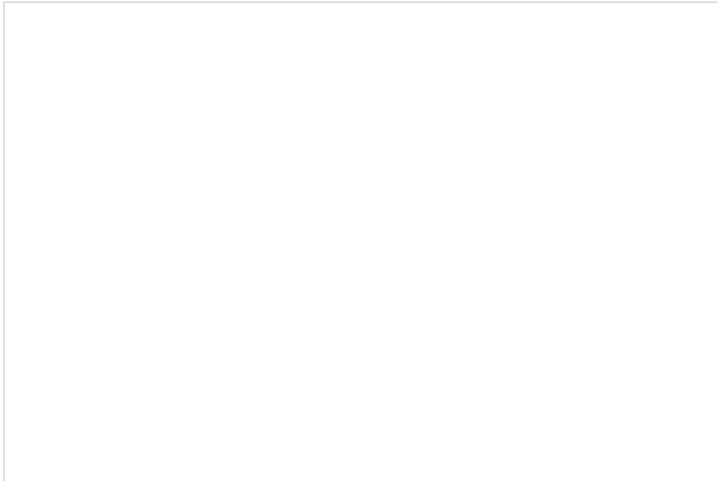


[PDF] The Complete Fat Flush Program (Gittleman)

Ann Louise Gittleman - pdf download free book



Books Details:

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Description:

About the Author

Ann Louise Gittleman's books have sold more than onemillion copies worldwide. She has been named one of the top 10 nutritionists in the United States by *Self* magazine and one of the most influential healers of the 21st century by *Total Health*. Gittleman has a master's degree in nutrition education from Columbia University. She has appeared on "Good Morning America," "Good Day New York," PBS, and CNN.

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The Fat Flush Plan made its debut in 1988 with the book *Beyond Pritikin* (Bantam). Author Ann Louise Gittleman, PhD, a former nutritionist at the Pritikin Longevity Center, created the diet after seeing how poorly many of her clients did with the extremely low-fat Pritikin approach. Her approach focuses on eating the right fats rather than restricting fat, as well as eating the right carbs and proteins. A banner on the book's cover boasts that the diet "melts fat from hips, waist, and thighs in two weeks." It also claims to reshape and detoxify the body. Gittleman's newest b Nutritionist Ann Louise Gittleman developed the Fat Flush Plan in 1988, though the popular Fat Flush Plan book wasn't published until 2002. Since then, Ann Louise has created multiple programs under the Fat Flush umbrella. She sells weight loss plans, supplements, and cookbooks through her website, fatflush.com. These plans are popular among those looking to shed extra pounds fast. Gittleman's revolutionary helps you trim fat and build health by cleansing the liver—the most essential organ for maintaining optimal body weight. Based on a satisfying, healthful, and cleansing combination of essential fats, balanced proteins, and quality carbohydrates, this detoxifying process boosts the liver's ability to function at its highest level, accelerating weight loss while increasing health. The Complete Fat Flush Program. The Fat Flush Cookbook. The Fat Flush Journal and Shopping Guide. The Fat Flush Fitness Plan. That year marked not only the beginning of the new millennium but also the birth of the expanded and complete Fat Flush Plan—a quick and easy way to feel fit and strong while erasing those pockets of fat that bother us the most. The Complete New Fat Flush Program. Ann Louise Gittleman. 4.5 out of 5 stars 37. Paperback. \$44.88. The New Fat Flush Foods. Ann Louise Gittleman. 4.2 out of 5 stars 41. I have tried many programs over the years including Atkins, the Zone, Weight Watchers, Slim Fast, etc. and lost weight just to gain it back. This is the first time I have felt like my life is changing forever. Instead of living to eat, I will eat to live and feel wonderful! Flush away fat and shed those extra inches with my Famous Fat Flush Soup recipe, one of the all-time fan favorite. Why? Because it's easy, delicious, and filling, but most of all, because it works! Ann Louise Gittleman, PhD, CNS, is an award-winning New York Times bestselling author of more than thirty books including The Fat Flush Plan series and her latest book, *Radical Metabolism*. She's been rewriting the rules of nutrition for more than 40 years and is internationally recognized as a pioneer in the field of diet, detox and women's health issues. For a FREE daily dose of tips and strategies for maintaining healthy weight, conquering insomnia, and much more—check out my Radical Health Tips.