

The Fat Flush Plan

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FINALLY, A DIET PLAN THAT BUILDS A BRIDGE BETWEEN BEAUTY AND HEALTH !

If you're like most people, you're probably thoroughly confused when it comes to choosing a weight loss plan. You've been bombarded by new miracle diets, yet constantly alerted to the health risks associated with these fads. Are carbs bad? Is a high protein diet good? How much fat is really healthy? Should you follow the Mediterranean diet or the Asian diet? Finally, there's a way to ease your concerns and meet your goals: The Fat Flush Diet Plan will show you how to shed unwanted pounds while actually improving your health, and building a bridge between beauty and vitality.

The Fat Flush Diet's unique, groundbreaking program targets cleansing the liver¹ ² the largest, most versatile organ in the body³ ⁴ and the one most essential to 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 improving your health. Simple safe, and highly effective, this plan:

- ⁵ works via a process of detoxifying the liver thereby increasing metabolism
- ⁶ provides an excellent way to begin dieting as well as to continue weight loss
- ⁷ is the only diet program that can successfully break through the stubborn weight loss plateau every dieter faces, and "flush out" stubborn fat, while retaining crucial nutrients

The Fat Flush process also sets off a domino effect of health benefits, including:

- ⁸ Increasing your metabolism
- ⁹ Giving you more energy
- ¹⁰ Helping you get a more restful night's sleep
- ¹¹ Stabilizing your moods

Here, at last, is a diet that combines common sense and sound science, making it the perfect choice for both first time dieters and those who have had varying levels of success on other programs.

The keys to overweight are liver toxicity, waterlogged tissues, fear of eating fat, excess insulin, and stress, asserts nutritionist Ann Louise Gittleman. Her Fat Flush Plan addresses these problems with a targeted diet.

The Fat Flush Plan, filled with nutritional analysis and detailed explanations, is not a quick read. Despite Gittleman's assertion that the plan is "as easy as 1-2-3," it is quite regimented. No white flour, white sugar, margarine, vegetable shortening, artificial sweeteners, or caffeine. The diet emphasizes essential oils (e.g., flaxseed and GLA), protein (eight ounces or more, plus two eggs a day), vegetables, thermogenic spices (e.g., ginger and cayenne), water, and diuretic beverages (eight glasses/day of diluted, unsweetened cranberry juice).

In its first two-week phase, the plan is a rigid, low calorie (1,100-1,200 calories/day), low-carb (no grains or starchy vegetables) diet. Phase two lets you increase your calories to 1,500 and add two "friendly carbs." Phase three, the "lifestyle program," moderately adds more dairy, carbs, and calories. Gittleman promotes walking and recommends strength training in phase three.

The book includes 41 recipes such as Grilled Lamb Chops with Cinnamon and Coriander, Breakfast Egg Fu Yung, and Cumin Saut^é ed Scallops. The Fat Flush Plan is recommended for dieters willing to commit to a strict plan for weight loss. --Joan Price

"Ann Louise Gittleman once again leads the crusade for better nutrition. She exposes the pervasive myths that all fats are bad and that unlimited carbohydrates are good. Sensible and thorough, her Fat Flush Plan is a terrific primer for anyone wanting to lose weight and regain vitality. We recommend it enthusiastically!"

--Michael R.Eades

, M.D., Mary Dan Eades, M.D., Authors of Protein Power

"What a great program! Whether you're starting a diet with a bang or trying to budge the scales after a binge or just tuning-up your body and hoping to lose some stubborn inches, this is a great, safe way to do it."

--Fran McCullough

, Coauthor of The Best American Recipe Series

"I deeply respect and honor the work of Ann Louise Gittleman, whom I consider as a teacher, as well as what she has done to bring intelligence to the world of nutrition."

-Mark Hyman

, MD, author of Eat Fat, Get Thin

"I always admired her passion for healing for all, her desire to look deeper and her healing wisdom."

-Dr. Raphael Kellman

, Kellman Center for Functional & Integrative Medicine

"A powerful 'Force of Nature' in the healing community. Ann Louise is used to being on the cutting edge. Want to see what the experts will be saying in 25 years? Simply see what she is saying NOW!"

-Jacob Teitelbaum, MD

, author of The Complete Guide to Beating Sugar Addiction

"A long-time guiding light in the world of nutritional medicine, Ann Louise continues to be The First Lady of Nutrition and someone I can always count on for the best information for my patients, my readers, and me. Not only is she knowledgeable and a pioneer in the field, but is a truly caring person who is dedicated to changing the world, one body at a time. I'm proud to call her my friend."

-Hyla Cass,

MD, author of Supplement Your Prescription

"Ann Louise's Fat Flush Plan is dietary common sense for all the right reasons-it's balanced, it's a program you can safely stay on for life, and it works."

-Dr. Barry Sears

, author of The Zone

"If nutrition has glamour, she's got it!"

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The late Robert C. Atkins

, MD, author of Dr. Atkins' New Diet Revolution

"Ann Louise Gittleman has demonstrated extraordinary leadership when it comes to reporting on the fundamental causes of illness and disease. Whether it's parasites in *Guess What Came to Dinner?* or environmental toxins in *The Fat Flush Plan* or toxic EMF or RF in *Zapped*, she reaches the hearts of the public by not only demonstrating what causes illness, but she also offers solutions on how to fix them! I'm proud to be one of her colleagues."

-Stephen Sinatra,

MD, FACC, integrative cardiologist and coauthor of *Health Revelations from Heaven and Earth*

"I have been privileged to know Ann Louise Gittleman for a number of decades and respect her dedication in assisting others to achieve vibrant health with nutrition and natural therapies. She is truly at the top of her field, deserving designation as "The First Lady of Nutrition."

-Jonathan V. Wright

, MD, Medical Director, Tahoma Clinic, Tukwila, Washington

"Ann Louise Gittleman is a dynamic pioneer and leading authority in nutrition, health, and wellness. She is a beacon of light and inspiration for millions of people who seek advanced healing information that genuinely transforms their lives."

-Anthony William

, author of *Medical Medium: Mystery & Chronic Illness*

"Ann Louise Gittleman is to be commended for getting the detox message out to mainstream Americans. I couldn't agree more with her message and her methods."

-Elson M. Haas

, MD, author of *Staying Healthy with New Medicine*

"Ann Louise Gittleman has been one of my closest 'sisterfriends' for years. Not only do we enjoy a warm personal relationship but I have been a huge professional fan of hers for decades. We share a mutual passion as 'nutrition detectives' to find underlying root causes

of disease and disharmony and a healthy respect for the emerging field of energy medicine."

-Nan Kathryn Fuchs

, PhD, nutrition expert and author

"Over the years, Ann Louise has always been at the forefront when it comes to nutrition for optimal health and weight loss. As a guest on my radio show, she frequently and generously shared her knowledge and cutting-edge advice with my listeners, answering their questions and discussing all aspects of healthy eating for both general health and healthy weight loss. I incorporated her Fat Flush Plan into my popular Fit Camps with successful results and was honored to coauthor The Fat Flush Fitness Plan. In a world where advice can be so questionable, Ann Louise continues to offer sound advice."

-Joanie Greggains

, original star of TV's Morning Stretch; health and fitness educator

"Ann Louise has always been one of my favorite go-to nutritionists. Her Fat Flush Plan and other programs, supplements, and test kits have paved the way for a whole new generation of health and environmentally like-minded advocates and activists. She is STILL a superstar in our changing world and we are all very grateful for her tireless efforts to bring the most cutting-edge wisdom to a world that desperately needs it."

-Donna Gates

, author and creator of Body Ecology

"When it comes to wellness through nutrition, Ann Louise Gittleman not only pioneered the field; she continues to be ahead of her time and on top of the game. At First for Women, we rely on Gittleman to alert us to the newest scientific studies with the most urgent relevance for our readers-and she always delivers."

-Carol Brooks,

editor in chief of First for Women magazine

From one of the Top 10 Nutritionists in the United States, according to Self magazine, and one of the most influential healers of the 21st century, according to Total Health, comes a revolutionary diet plan. Based on a delicious and healthy combination of essential fats, proteins, and carbohydrates, Ann Louise Gittleman's Fat Flush was first popularized on iVillage.com, The Women's Network. Thousand of dramatic testimonials later, the Fat Flush has been seen on The View, featured in Newsweek, and named by O magazine as one of the hottest contenders for "America's Next Great Diet Craze." Now, Gittelman shares her complete Fat Flush Plan with dieters everywhere. This phenomenal plan is worth its weight (loss) in gold.

Other Books

Superfoods: The Ultimate Superfood Guide, Super green foods are derived from young cereal grasses such as wheat, barley, rye, oats and alfalfa, as well as spirulina, chlorella,

kelp, dulse and other sea vegetables. Perhaps the most nutrient-dense foods on earth, these grasses are richer in nutrients than spinach, broccoli, eggs and chicken in virtually all categories including protein, calcium, iron, magnesium, phosphorous, potassium, zinc, copper, manganese, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, carotenoids and vitamin E. Discover everything you need to know by grabbing a copy of this ebook today.

❓ ❓ ❓ ❓ ❓ . Flush the Fat With Smart Food Choices Flushing the fat? As crazy as the concept might sound, the Fat Flush Plan can help you reshape your body while detoxifying your system. This lowcarbohydrate, three-phase diet regimen was created by ..."