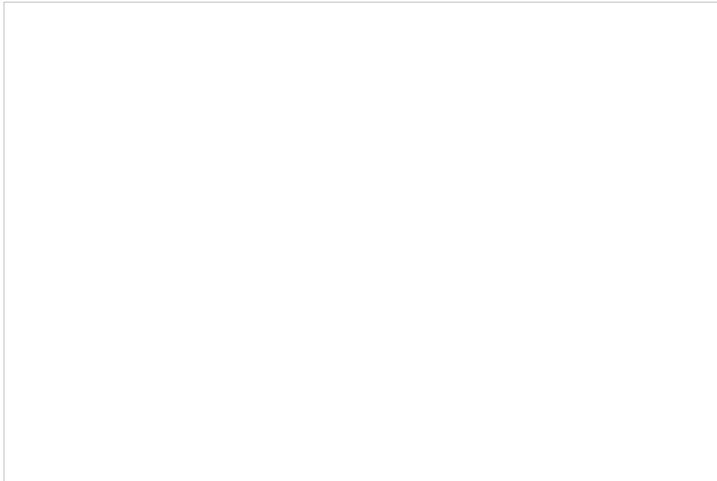


[PDF] The Complete Fat Flush Program (Gittleman)

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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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Includes index. The fat flush phenomenon -- The fat flush plan evolves -- The fat flush kitchen -- The fat flush herbs and spices for weight loss and health -- Breakfast -- Lunch or dinner entrees -- Vegetables -- Snacks -- Dressings -- Condiments, sauces, and such -- Stocks and soups -- Beverages -- Nourishing sweets and indulgences -- resources and support. The companion cookbook to the National Bestselling weight loss plan that's changing the way America diets. 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. "From Fat Flush to detox, Ann Louise Gittleman is a trailblazer whose impeccable, groundbreaking research and knowledge paved the path for nutritionists today. As she has for the past few decades, Gittleman continues to inspire, motivate, and challenge me today." ? JJ Virgin, Celebrity Nutritionist and Author of The Sugar Impact Diet. "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. "Ann Louise Gittleman has done us all a service by showing how the essential fats can and should be used in an overall program for living longer, losing weight, and reaching optimal health." ? Julian Whitaker, MD, Whitaker Wellness Institute.