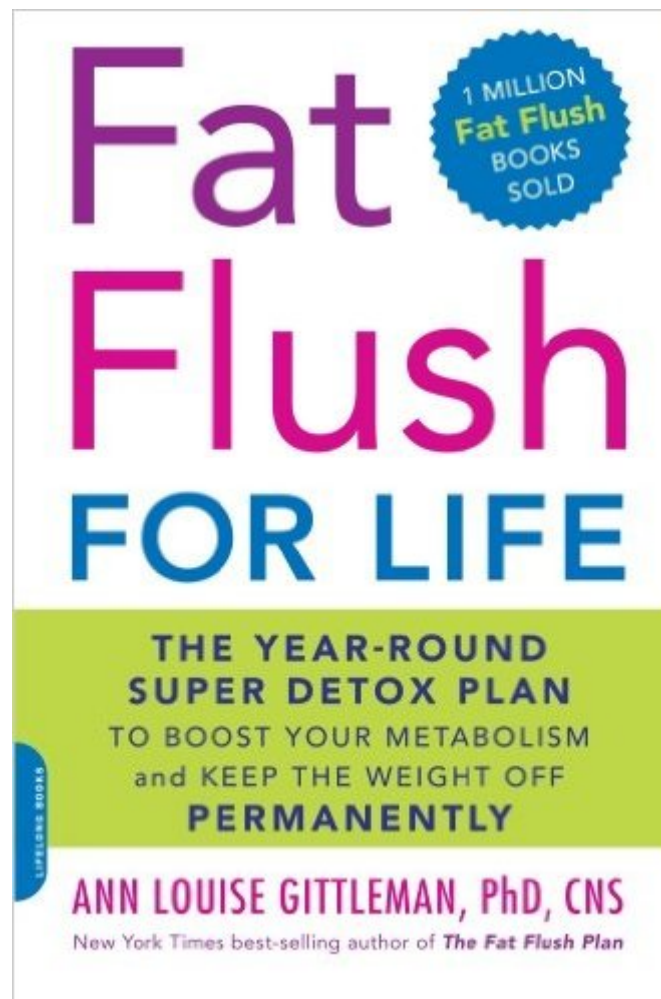


The book was found

Fat Flush For Life: The Year-Round Super Detox Plan To Boost Your Metabolism And Keep The Weight Off Permanently



Synopsis

With millions of followers nationwide, award-winning nutrition expert and bestselling author Ann Louise Gittleman has revolutionized dieting, helping people melt away fat by detoxifying the body. Fat flushing nourishes glowing skin, reduces the appearance of cellulite, increases energy levels, and improves overall wellness. Dr. Gittleman reveals the new secrets of Fat Flush for Life--a seasonal approach to help you burn stubborn body fat all year long. She not only details how to detoxify the liver and lymphatic system to get rid of bloat, belly fat, and cellulite, but also explains how to take advantage of your body's natural response to the seasons to keep you thin and healthy for life. Fat Flush for Life features significant detox advances and fitness workouts alongside superstar foods and supplements. You'll discover simple yet surprising weight-loss secrets; GI-enhancing probiotics; ways to balance thyroid function; and low-copper, high-zinc meal plans that instantly speed up metabolism. Uniquely effective, Fat Flush for Life offers an enjoyable and nutritionally sound method to keep the pounds off permanently.

Book Information

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Customer Reviews

Sometimes you get lucky and what people say is what is true. Sometimes you do what people tell you to do and things change. Sometimes things are just as they seem. For me all of these are true in relationship to Dr. Ann Louise's life's work--specifically the Fat Flush and Fat Flush For Life. I am someone who spent hours hating myself for my body that was hijacked by hormones and food that my body processed as toxic to me. I was on EVERY plan--points, exchanges, arranging the food on

the plate, drinks, grapefruit, starvation, only whole grains blah blah blah. I lost and gained the same 16 lbs for YEARS and HUNDREDS of dollars and THOUSANDS of hours detesting my lame-based on how hard it was all it took-results. I mean when you are 100+ lbs away from goal, 16 is a drop in the chubby bucket!! I bought the book and did just as Dr. Gittleman explained and felt as if she had 'decoded' my bodies dys-function as eating this way and these foods-my body/metabolism had been recalibrated and so started my journey of melting fat, toxins, cellulite, chins and belly fat away. Bottom line is your body will tell you if it is the right plan for you like no other. How you asked? For me it was 10 lbs, 15 inches in 14 days-period the end. Fat Flush For Life is my life, now down over 100lbs, not at a final goal weight yet but 42 and looking for little black dresses and sexy shoes that I 'should have' been wearing when I was a bit younger but instead bought the big house coaty moo-moos, you know them, right?! I do not miss the days of waking up the the FIRST thoughts was 'Uggh, I hate my body' Now I wake up and FIRST thought is 'YES! What I am doing is working!' Through all of this I have never gained either-ever.

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