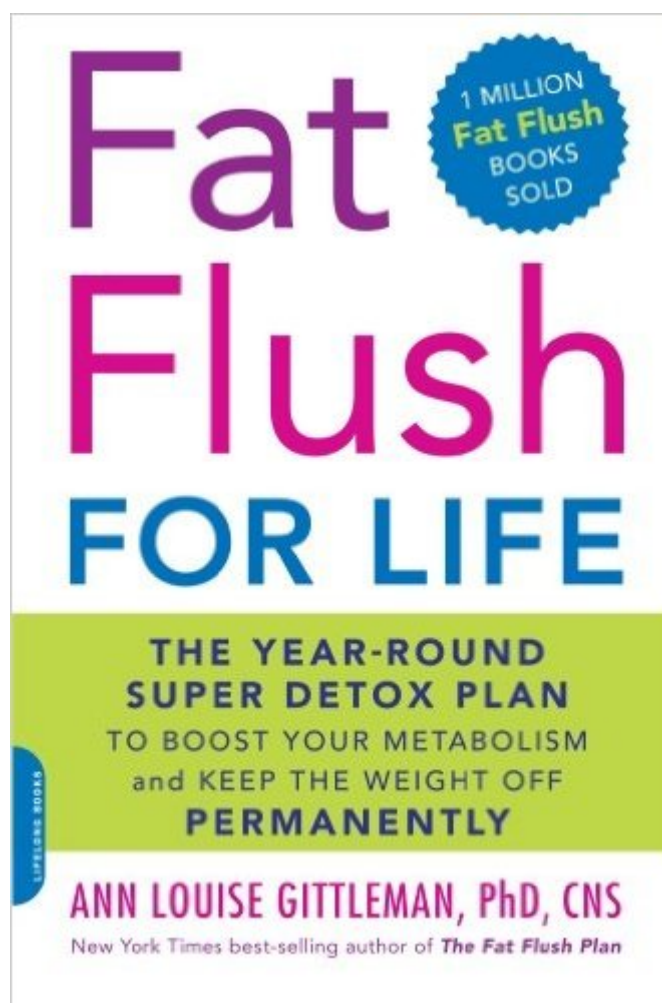


The book was found

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

Paperback: 288 pages

Publisher: Da Capo Lifelong Books; First Trade Paper Edition edition (May 3, 2011)

Language: English

ISBN-10: 0738214310

ISBN-13: 978-0738214313

Product Dimensions: 6 x 0.6 x 9.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (76 customer reviews)

Best Sellers Rank: #34,557 in Books (See Top 100 in Books) #24 in [Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#) #76 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #391 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

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 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.

[Download to continue reading...](#)

Fat Flush for Life: The Year-Round Super Detox Plan to Boost Your Metabolism and Keep the Weight Off Permanently
Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox)
Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea)
Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1)
Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260)
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)
Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)
Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros)
Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book)
Belly Fat: The Healthy Eating Guide to Lose That

Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Atkins Diet: The 1# Atkins Diet Guide To Free Yourself of Stubborn Fat And Permanently Keep It Off! (FREE BONUS) (Low Carb Diets, Food Counters, Low Carb, Two-Hour Health, Fitness & Dieting Short Reads) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Juice Fasting: The 3 Day Juicing Fast for a Healthy Detox Diet, Metabolism Boost, and Quick Weight Loss (Juicing Recipes) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included The Metabolism Miracle: 3 Easy Steps to Regain Control of Your Weight . . . Permanently Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy)

[Dmca](#)