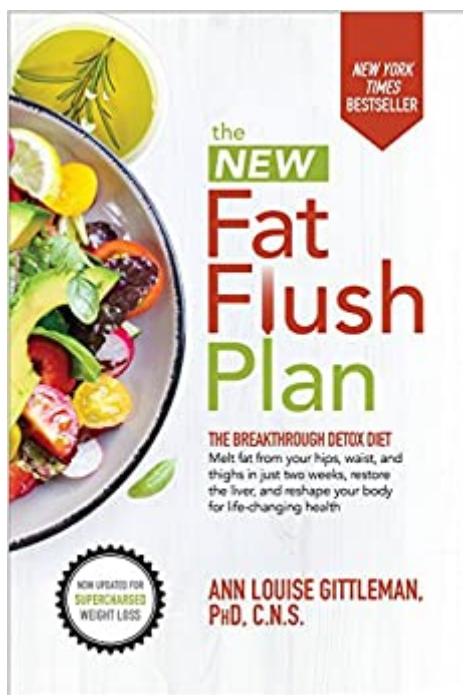


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# The New Fat Flush Plan



## Synopsis

WHAT'S NEW ABOUT THE NEW FAT FLUSH PLAN? For over 25 years, Fat Flush has helped millions of people lose weight, harness the healing powers of foods, reignite metabolism, fight cellulite, and restore the liver and gallbladder while improving their lives. Now, for the first time since its original publication, the acclaimed New York Times bestseller has been revised and updated with groundbreaking research, food options, and lifestyle choices to help you achieve lasting weight loss and wellness. The NEW Fat Flush Plan includes:

- \* NEW Three-Day Ultra Fat Flush Tune-Up for quicker cleansing
- \* NEW Paleo, Ketogenic and Vegan-friendly recipes reflecting the latest diet trends
- \* NEW gluten research
- \* NEW Fat Flush bone broth recipe for cooking, snacks and side dishes
- \* NEW health revelations linking the gallbladder and liver to thyroid health
- \* NEW hidden weight gain factors that explain why it's not your fault you're fat
- \* NEW meals, menus, and shopping lists
- \* NEW tips for managing insulin, hormone, and stress levels
- \* NEW slimming, smart fats and sweeteners

Like its pioneering predecessor, The NEW Fat Flush Plan offers evidence-based detox and diet strategies that are simple, safe and effective, with a heightened emphasis on the role of liver health and the metabolic impact of foods. The best detox plan just got better. Best of all, you will see and feel the difference in just three days!

## Book Information

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## Customer Reviews

"The Fat Flush Plan was one of the earliest popular diet books to incorporate the concept of detoxification as one of the elements of a healthy diet. It's easy to see how

Gittleman got the nickname "The First Lady of Nutrition". She was certainly one of the first to buck the low-fat establishment. She was one of the first to address parasites and she did a lot to bring the issue of gut health to the public's attention.

"Better Nutrition" Fat Flush revolutionized the detox and dieting concept and we are all standing on the shoulders of the Fat Flush Phenomenon." — Mark Hyman, M.D.

Director, Cleveland Clinic Center for Functional Medicine; Chairman, The Institute for Functional Medicine; Founder and Director, The UltraWellness Center "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 "Ann Louise Gittleman has been a leading innovator in the field of integrative medicine for decades. Her books bring cutting-edge research to health consumers in an easy-to-understand form. She was one of the first to warn of the dangers of our infatuation with low-carb diets, and now science has validated her message." — Ronald Hoffman, MD, Host of Intelligent Medicine "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." — Hyla Cass, MD, author of Supplement Your Prescription "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 "If nutrition has glamour, she's got it!" — 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* and *Life Changing Foods*

“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*

“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

“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  
“I recall interviewing her on the radio when I was just starting out in the field of nutritional medicine. I was terrified because she was so much more knowledgeable than I. So I read all her books and became even more impressed. She was one of the greats even back then. She continues to learn, explore, and best of all, get the message out to millions of adoring fans.

Fred Pescatore, MD, Author of The Hamptons Diet  
“Ann Louise Gittleman is the real deal. With her wealth of clinical experience and encyclopedic knowledge of nutrition and health she has been one of the great influences on my professional life and one of the first people I turn to when I want a second opinion.

Jonny Bowden, PhD, CNS, Author of The 150 Healthiest Foods on Earth  
“She is an original a visionary in holistic nutrition. Ann Louise has always been ahead of them all and her insights have helped thousands!

Frankie Boyer, Host of The Frankie Boyer Radio Show  
“Ann Louise Gittleman is an accomplished nutritionist, natural health educator and author with more insight into today’s most prevalent health conditions than the typical MD. We need to be encouraging the leading voices in health, like Ann Louise Gittleman, who are the Paul Revere’s of this generation.

Camilla Rees, CEO of Wide Angle Health, LLC  
“Ann Louise Gittleman has been a colleague and hero of mine for years. She is a prolific and cutting-edge educator of nutrition and health. She walks her talk and is tireless in her delivery of information that shows you how to be healthier and happier.

Dr. Devaki Lindsey Berkson, Author of Safe Hormones, Smart Women  
“Ann Louise is a pioneer. She has paved the way for many to follow in her footsteps with her research, her knowledge and her consistent dedication to empower and teach this world about what to eat, how to support the body and how to shift the mind to have what she calls true health. I am blessed to know Ann Louise and her work and her books are ones I tell my students to buy because they need to learn this information.

Rachel Feldman, Business Coach for Health Coaches

Ann Louise Gittleman, PhD, CNS, is a top nutritionist internationally recognized as a pioneer in her industry. She is an award-winning New York Times bestselling author of more than 30 books on health topics including diet, detox, women’s health, men’s health, perimenopause, menopause, beauty and the environment.

I have tried a number of diets. I have taken the powders, pills and teas, bought the videos and

cassette (yes, cassette) tapes. Never have I finished reading a book about a diet feeling inspired-- until now! As S. Dargin said in October of 2016: "This is more than a diet book, it's a life style book. It includes things like bathing in essential oils, cookware to buy, exercises to do, along with the expected diet information, shopping lists, meal plans, and more." Ann Louise Gittleman is a godsend. She is incredibly knowledgeable and isn't afraid to break it down for the reader in this book. She also supports her readers with information about the entire lifestyle change it will take to get our bodies detoxed and out of wack from today's messed up environment and overprescribed medications. And believe me, if you follow the plan, you will flush the fat. I'm not done with the plan, but the way this fat is falling off, I can't wait to come back and share before and after photos. I started Jan 2017, and I plan to continue. This book and all the greatness it has to offer, the results I'm getting, as well as the continued support of the author through social media makes it so much easier to commit. If you're tired of "medicine" not doing what it's supposed to, if you've got that fat that just won't budge, buy the book and read it. It will change your life!

If you think The New Fat Flush Plan is going to be the same as Ann Louise Gittleman's first book, I assure you it's not, yet so much of what I loved about her program is still intact. There is so much more scientific data, as well as foods you can eat, and knowledge of how to prepare meals that are well balanced, enjoyable, and include those amazing fat-burning spices. That being said, it's a lot to take-in, even though I am familiar with the original program. This did help with understanding the role of supplements, because I already use them. I also trust the author's knowledge and have had success using her original program about 10 years ago. The info and methodology simply clicked with me when other plans did not stick. I purchased the new book simply to support her work, thinking it might jumpstart my focus on the program, never imagining there would be more to learn and embrace. Imagine being TOLD to eat 1/2 an avocado each day. This and other satiating good fats from her pages of menus have eliminated my cravings for sweets, too much caffeine, dairy, and pasta. It's not that you will never be able to eat these items, but not as often as many of us do. Ann Gittleman gets it! In my words, you still need to have your 5 servings of vegetables, and 2 of fruit, with at least 8 oz. of protein a day. The three-day tune-up, when you cleanse your system and ready it to be reintroduced to foods in a way that supports weight loss as well as healthy eating habits presented a steep learning curve for me. After the first day of the Metabolizer cocktail, I joined the Fat Flush Facebook group wondering how I might make this drink more palatable. Questions were answered by Anne G. herself, several of her assistants, and numerous members of the group. With their collective support, I cut out 2 of the offending spices, and substituted chia

seeds for flax seeds. For me that was all I needed to enjoy this drink and know the modifications were still going to work. The key is: there are modifications for plan A and she has options figured out for individual success. Also, during these first three days, you are asked to drink 3 cocktails and 3 special smoothies - which are great. Well, there was no way my body could consume more than 2 of each of these a day. She said that would work just fine for my body and my needs. It did. For me this group is a must to feel connected to others using the program and their awesome tips. As with anything, you get out of it what you put in. This book could become a staple in your eating habits too!

The book is a breakthrough to understand the importance of eating the right fats to lose weight! Ann Louise is a pioneer who writes in a wonderful way how to eat health for life. I always had a difficult in losing weight and with the 3-day protocol I lost 6 pounds and I feel great. The book is helping me to understand the importance of taking care of hole body and soul. Now I have much more energy to do things I love, and to take care of myself!

Great diet that really works - detoxes, identifies food allergies and cleans up your diet. NOT EASY...but worth it. If the three day detox is too hard, try starting at the next phase - there are modifications that you can make if you don't like the metabolizer. As you improve your diet over time, it will get easier and you can always go back and try the 3 day detox later. Best to do it first, but not everyone is able to. Follow her amazing Fat Flushers on facebook for more tips - and you can ask questions there too.

I did the three day ultra detox with my husband. This is soooooo much better than the detox from the old book. Tasty and filling, you don't have to fast (which I can't do). All of the recipes are new and improved using MUFA's including avocados and coconut oil. This book is wonderful, as I am sure the results are.

If you are looking for a real change and real weight loss this is the book for you. Anne Louis Gittleman had written a well thought out plan for everyone, taking into account health concerns for every man and woman. If you are interested in good health and well being read the New Fat Flush Plan and find out why its working for so many people.

I am a huge fan of this detox. It's not easy but it works! It's very specific so if you must read the book

and if you can't get past some of the rules pick another diet!

Did the old Fat Flush Plan...very much worth it to buy the revised and updated version! It's way easier and it is clear that research has evolved the text. This does work; personally a bit challenging to stick to. But you do get the hang of it and you really do feel great after a few days. She nails it. It's very worthwhile to try it out, and it does heal. It's just a lot to stick with for the long haul for me.

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