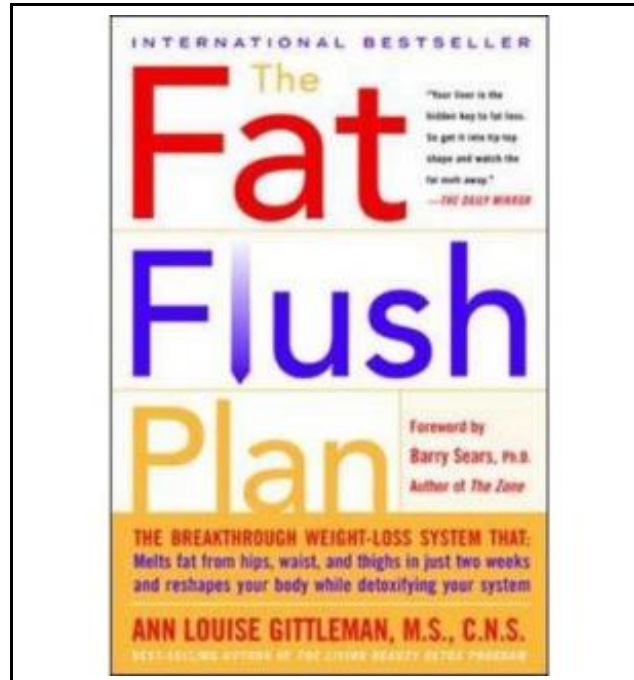


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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Fat Flush Plan (New edition), Ann Louise Gittleman, Joanie Greggains, Anne Louise Gittleman has spent her entire career telling us what to eat. She has authored 17 books that encourage healthy habits. Her audience includes thousands of women who trust her advice and follow her programs. This program is based on a smart combination of healthful essential fats, balanced proteins and quality carbohydrates arranged in a strict daily routine. It is a weight loss program that works through the process of detoxifying the liver, increasing the individual's metabolism. The program relies on a particular combination of foods but also allows choices within the food combinations. In January 2002 the Fat Flush Plan was picked up by the media as a new diet that worked. "SHE" magazine and "The Daily Mail" were the first to feature the diet. With headlines such as "Drop TWO dress sizes in just TWO weeks!" the Fat Flush Plan soon became one of the best-selling books in the diet arena. Women tell of significant weight and inch loss in just two weeks. The thousands of testimonials by "fat flushers" consistently report health improvements such as increased energy, stabilized mood swings, sounder sleep, improved skin texture, stronger nails, and decreases in depression and anxiety. The detoxification aspect of this phenomenal diet program has been embraced by women across the UK investing in their health and well-being.



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