



## The Fat Flush Foods: The World's Best Foods, Seasonings and Supplements to Flush the Fat from Every Body

By Ann Louise Gittleman

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Fat Flush Foods: The World's Best Foods, Seasonings and Supplements to Flush the Fat from Every Body, Ann Louise Gittleman, This book covers everything you need to know about the top fifty Fat Flushing foods. The "New York Times" bestselling "The Fat Flush Plan" is helping millions lose weight, cleanse their bodies, and lead healthier lives by eating foods that flush away fat while building vitality and strength. Now "The Fat Flush Foods" highlights the "super" foods, herbs, spices, and supplements that help you speed up fat loss and reap maximum health benefits. The "Fat Flush Foods" features: the top 50 super foods that burn fat, boost your metabolism, and detoxify your body while controlling cholesterol and blood sugar levels. It includes: the best thermogenic culinary herbs and spices - including ginger, cayenne, mustards, anise, fennel, and cinnamon; the latest research on the antiviral, antibacterial, and antifungal properties of these foods; and tips that make fat flushing easy, economical, and delicious.



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