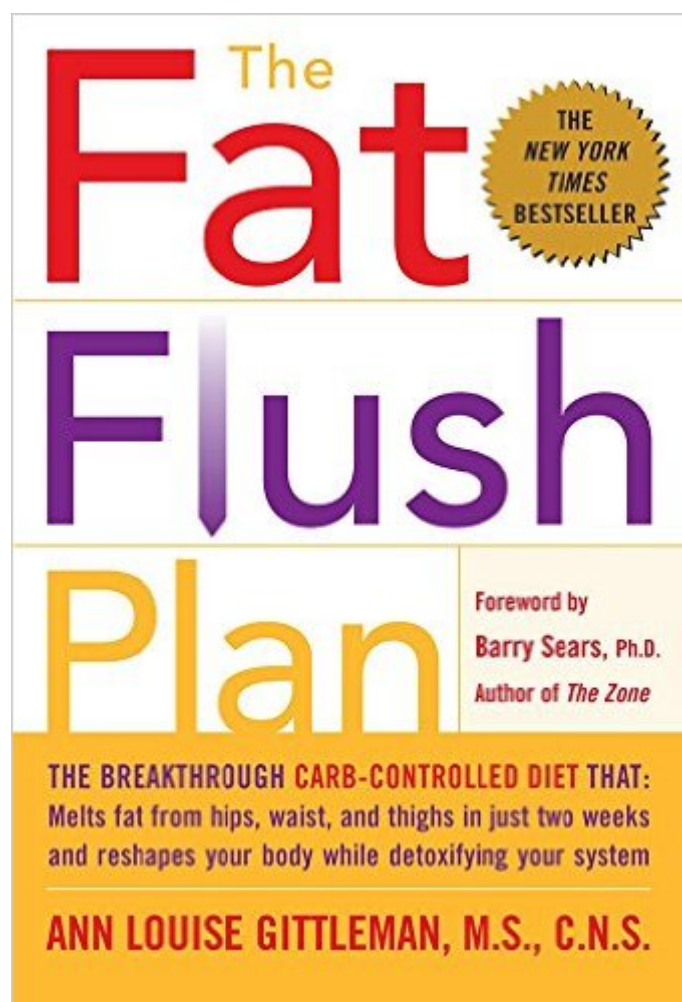


The book was found

The Fat Flush Plan



Synopsis

Kiss cellulite goodbye! The Fat Flush® Plan melts fat from hips, waist, and thighs in just two weeks and re-shapes your body while detoxifying your system. The Fat Flush Plan is a groundbreaking low carb/detox diet and fitness program. Fat Flush is known as the only diet program that gets rid of bloat, supports the liver, cleans up the lymph, and helps to eliminate the appearance of cellulite â “ for good. An international best-seller with legions of devoted followers, The Fat Flush Plan has been featured on "The View," as well as in cover articles in Time, Glamour, Self, and many others. It is based upon essential fats (such as flax seed oil and flax seeds), balanced proteins (including eggs, meat, fish, and moderate soy) plus low-glycemic healthy carbs from fat flushing fruits and vegetables. The Plan also features â œcleansingâ • tonics such as unsweetened cranberry juice and water, the â œLong Life Cocktail,â • and daily hot water and lemon juice as well as a delicious array of fat burning, water regulating, and insulin controlling herbs and spices (think cayenne, mustard, cilantro, parsley, cinnamon, and cloves).

Book Information

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Customer Reviews

When I read TFFP 11 months ago, I had suffered diabetes for 15 years. Over the years I progressed from a solution consisting of diet and exercise to the use of diabetic medications and then eventually to also taking insulin. I became insulin resistant and developed Syndrome X. For several years I was daily giving myself 100 units of insulin perday and taking 2 tablets of Glucophage and 2 of Avandia to achieve some control. My last A1C test was 9.7. My cholesterol

had been 266. I was on Baycol for 12 months when it was taken off the market last August. My doctor then prescribed other statins which caused severe pain in my legs and chest and also did not control my cholesterol readings. My wife and I read the Fat Flush Plan book on a Sunday afternoon. We went to the supermarket Sunday evening, and started the Plan Monday morning, Feb. 25th, in earnest. Tuesday morning my glucometer readings were low so I cut the doses in half. On Wednesday morning my readings had again dropped lower and I discontinued the insulin and medications. I have had absolutely no medications or insulin since February 27th. My April 6th lab showed my cholesterol to be 166. The HDL's were up and LDL's were down. My total cholesterol has been getting lower ever since. My A1C is down to 5.5. I have always been overweight. For 30 years I have weighed between 250-300#. Taking insulin added about 50# to my weight. When I began on Feb. 25th, I weighed 352#, I guess. I say "guess" because my doctor's scale only went to 350# and my weight was off to the right of the end of the scale. My wife Joan weighed 253#. I wore size 60 pants and XXXL shirts comfortably. Joan was wearing XXL pants and tops. I am now 230# and wear size 40 pants and size 16 shirts.

If you care about the quality of your life and not just your weight on a scale or an insurance chart, then read this book. The author is committed to sharing in an easy to follow format, how to be responsible for the fuel (food and supplements) that runs your body. The science is thoughtful and sound, the instructions clear and the quality of your life and the shape of your body can be your reward. You owe yourself the honor of making the commitment to read this book and take action!! I am 59 years old and had been severely ill with Chronic Fatigue Syndrome and Fibromyalgia for the past 6 years, having been partially paralyzed and bedridden for much of that time. Medications and pain induced sedentary lifestyle created a size 16-18 body on my 5'4" frame. I was exhausted and craved sugar all the time, which made me just more tired and wanting MORE. I was spiraling out of control. My skin was dull and dry and I was finally beginning to AGE.....at high speed. In April 2002, I weighed 193 pounds and began by banishing all "white" and refined foods from my diet and drinking large quantities of good clean water. I was doing better; slowly the inches and pounds fell away.....I was still struggling, but help from Ann Louise Gittleman was on the way! On September 19, 2002, I began The Fat Flush Plan and the results were dramatic and immediate. I not only became smaller and found my cheekbones and muscles again, but my skin and hair glowed and I was growing younger looking and feeling. The change in me is nothing short of miraculous. The New Year saw me wearing size 6-8 clothing and everything about me is glowing with vitality; both friends and strangers stop me and ask how I have been blessed with such energy and youthful,

thin, fit appearance.

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