



Fat Flush for Life: The Year-Round Super Detox Plan to Boost Your Metabolism and Keep the Weight off Permanently (First Trade Paper Edition)

By Ann Louise Gittleman

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Fat Flush for Life: The Year-Round Super Detox Plan to Boost Your Metabolism and Keep the Weight off Permanently (First Trade Paper Edition), Ann Louise Gittleman, 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...



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