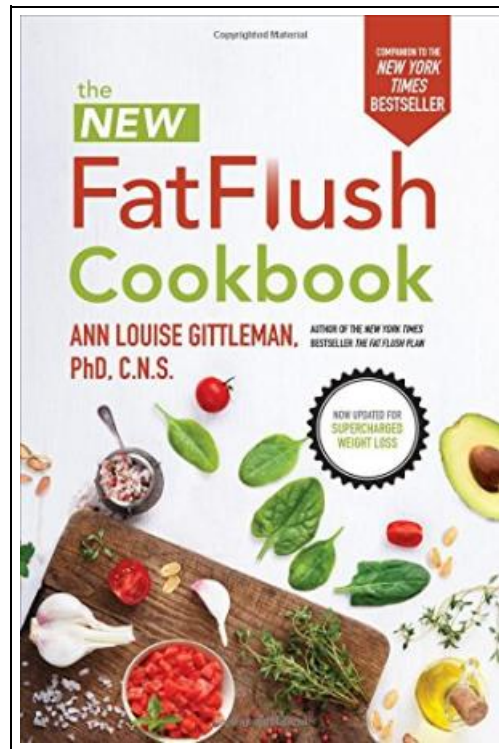


The New Fat Flush Cookbook (Hardback)



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Reviews

*Complete guideline for ebook lovers. Better than never, though i am quite late in start reading this one. Its been printed in an remarkably simple way in fact it is only right after i finished reading this book through which in fact transformed me, alter the way in my opinion.
(Montserrat Runolfsdottir)*

THE NEW FAT FLUSH COOKBOOK (HARDBACK)



McGraw-Hill Education - Europe, United States, 2017. Hardback. Condition: New. 2nd edition. Language: English . Brand New Book. The cookbook that changed dieting as we know it—updated with hundreds of great recipes based on the newly-revised Fat Flush protocols. For the first time in 15 years, the New York Times bestseller *The Fat Flush Plan* has been completely updated to reflect the latest research and cutting-edge nutritional science. The *New Fat Flush Cookbook* perfectly complements the newly-revised program protocols. This valuable resource is packed with more than 200 brand new Fat Flush recipes and snacks, many of which can be prepared in less than 20 minutes. You'll discover great ideas for delicious, simple meals with wholesome ingredients and flavored with unique fat-burning and cleansing herbs and spices. Author Ann Gittleman covers all the latest dietary trends and science concerning higher fat diets (Paleo and Ketogenic), fasting/ cleansing (green drinks), the microbiome, bile, hormonal fluctuations, gluten and grain avoidance, nutrient deficiencies, thyroid and adrenal burnout, and liver support. In addition to the bonus of internal cleansing, liver detoxification, and body purification, the principles and ingredients incorporated in these recipes provide you with unexpected mental and emotional benefits such as mental alertness, increased energy, appetite control, a decrease in depression, irritability, and anxiety, and more. The *New Fat Flush Cookbook* is your go-to source for meals that help you achieve peak health and wellness.



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