

Ann Louise Gittleman PhD, CNS

BIO



Visionary health expert

Ann Louise Gittleman, PhD, CNS has always been a trendsetter. Throughout her career, she has accurately predicted emerging health issues and concerns years ahead of mainstream and alternative medicine.

Highly respected as the grande dame of integrative health and award-winning author of 30 books, she singlehandedly launched the detox/diet revolution in her 2002 *New York Times* bestseller 'The Fat Flush Plan' which spawned a series of five additional Fat Flush books was featured in *Newsweek*.

A Connecticut College and Columbia University graduate, Ann Louise was recognized as one of the top ten nutritionists in the country by *Self* magazine. She is also a recipient of the American Medical Writers Association Award for excellence for her book 'Super Nutrition for Women'.

Ann Louise forged new ways of thinking about obesity early on in her career. Over two decades ago, she predicted the global "diabesity" epidemic that currently affects up to 1 in 2 Americans and nearly 70 to 80 percent of some populations worldwide.

She was the first to proclaim that obesity was caused by the lack of the right kind of dietary fats and the wrong kind of carbohydrates in her bestselling book 'Beyond Pritikin', published in 1988. In 'Beyond Pritikin', she wrote that the fat-free, carb-rich diet model was creating metabolic syndrome, sugar cravings and fatigue. She also targeted gluten sensitivity and food intolerances as unsuspected weight gain factors.

In her classic 'Guess What Came to Dinner? Parasites and your Health', Ann Louise shed a spotlight on the hidden hazards of parasites and how their symptoms are typically misdiagnosed and confused with other common health disorders. Several years later, she wrote 'The Gut Flush Plan' which also featured yeast and fungus, pathogenic bacteria and food sensitivities as primary GI tract saboteurs. In 'Your Body Knows Best', Ann Louise introduced the blood type diet connection and stated that one diet may not be right for every body.

She also led the way in presenting natural alternatives to synthetic hormones for menopausal symptoms in 'Super Nutrition for Menopause'. She is widely credited as the first to popularize the term "perimenopause" in her *New York Times* bestseller,

'Before the Change', a book that was prominently featured on Dr. Phil.

Ann Louise's most current book, the highly acclaimed 'Zapped', once again illuminates another growing health risk: the invisible hazards of electropollution. 'Zapped' is a step-by-step manual for fortifying the body, detoxifying the home, and protecting yourself and your family from the invisible hazards of electromagnetic fields (EMFs).

Awards & Press

She has been featured on 20/20, Dr. Phil, The View, Good Morning America, Extra!, and The Early Show. In addition, her work has been featured on CNN, PBS, CBS, NBC, MSNBC, CBN, Fox News, and the BBC.

Ann Louise has served as a celebrity spokesperson and formula developer for many of the largest companies in the health foods and network marketing industry—including Vitamin Shoppe, Balance Bar, Spectrum Oils, Barleans, Carlson's, Essential Formulas, Tonalin, BeautiControl and Mannatech.

Her work has been quoted in a myriad of national publications ranging from Time and Newsweek to Glamour, InStyle, Good Housekeeping, Ebony, USA Weekend, Parade and The Oprah Magazine. From 2004 to 2013 she was featured as First for Women's Nutrition Columnist and millions of readers followed her advice.

Engaging Health

Today, she continues to dedicate herself to carving out new landmarks in holistic health and healing. Through her many books, website and blog (Ann Louise's Edge on Health), she continues to forge ahead into new health frontiers.

Ann Louise[®]
First Lady of Nutrition

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