

January 16, 2017  
God Bless America

# Woman's World

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Delicious smoothie bowls  
**PREVENT  
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COLDS!**

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with  
coffee!

The fruit that makes your body  
**BURN MORE  
CALORIES!**

**NATURAL ANTIBIOTICS**  
that keep you healthy all winter!

Indiana Univ. discovery: Housework  
**LOWERS BLOOD  
PRESSURE!**

**Jumpstart  
your slim  
2017!**



# DETOX OFF 12 LBS in 72 hours!

Reset your metabolism  
to continue releasing  
stored fat for months!

**GET A  
GREAT JOB  
in 2017!**  
Get-hired tricks that work!

Rejuvenating miracle!  
**YOUNGER  
SKIN**  
in 90 days!

**Make 'em  
Smile!**  
Warm up winter with  
gourmet cocoa!







Pre-detox, "my jeans were so tight, they left red marks on my waist for hours after I wore them," says Casey. Post-detox? Her jeans are loose!

IT WORKS!

### Casey lost 10 lbs in three days!

"I've been on diets since I was 14 years old, and they've always left me sluggish and hungry," Casey Thomaston says. Her first real success was with the original Fat Flush Plan, "so I couldn't wait to give this three-day detox a try." From her initial sip, she felt revved up and satisfied. "I lost 10 pounds in 72 hours!" says the Nashville project coordinator, 31. "Now my clothes fit so much better, and I have so much energy that I wake up before my alarm clock!"

#### Casey's best tip:

• Add more spice! "I like the Metabolizer Cocktail hot, so I added extra cayenne!"

# Detox off 1

## Reset your metabolism to

We're sharing a buzzed-about new detox regimen that's helping readers lose more in just three days than many of us have ever lost in three weeks!

If you want to start the year with "wow" weight loss, we're pretty sure we've found a plan that can make it happen. Women testing a three-day "ultra detox" report losing "up to 12 pounds in 72 hours," reveals Ann Louise Gittleman, Ph.D., author of *The New Fat Flush Plan*. Why does her breakthrough approach work so well? "You literally flood your body with powerful compounds that change the way your body handles calories and burns fat," she promises. "It's so effective, after just a few days you can shift to a diet that's less strict and your body will still continue releasing stored fat more easily. I recently had a woman lose 90 pounds in a matter of months!"

### "Ultra detox" basics

Like many detoxes, Gittleman's upgraded version keeps calories moderate and is built around juices and smoothies—which gives your digestive

system a break, so your body can devote more of its resources to eliminating fattening toxins. And here's what sets the "ultra detox" apart...

### 4 power ingredients

#### • The #1 new weight-loss spice!

When Tufts University scientists started conducting tests on curcumin—an antioxidant in the spice turmeric—they found exciting evidence that it may block the growth of new fat tissue, speed burning of existing fat and improve fat-burning in the liver. Though more research is needed, scientists report they have already increased their personal consumption of turmeric. "The spice aids in both immediate and long-term weight loss," says Gittleman.

"We're learning that it's one of the most powerful fat-fighting spices on the planet!"

#### Detox fats!

Flaxseed oil, chia seeds and coconut oil all have an amazing ability to help the body repair damage caused by toxins and unhealthy living. Plus, adds Gittleman, "they keep you full for up to four hours at a time!"

## -Your 72-hour detox menus

Here, Gittleman is sharing her buzzed-about three-day detox. When using the regimen, go organic when possible to avoid introducing new toxins into your system, she suggests. Though you sip lots of liquid meals, you'll still want to drink additional water (with an optional splash of unsweetened cranberry juice) between sittings. As always, get a doctor's okay to try any new plan, particularly if you have a health condition. This plan isn't for pregnant/nursing moms or anyone with an eating disorder.

### Upon waking

**Fat Flush Metabolizer Cocktail:** In blender, blitz 8 oz. low-sodium tomato juice, 1/4 cup fresh lemon juice, handful each parsley and spinach, 1 chopped green onion, 2 tsp. flaxseed oil, 1 Tbs. chia, 1 crushed garlic clove, 1/8 tsp. each turmeric, cayenne pepper, dry mustard and ginger, and 6 ice cubes

#### Shopping tip!

Find sunflower lecithin granules—which help boost fat-burning in the liver—in health-food stores or on Amazon.com.





# 2 lbs in 72 hours!

## continue releasing stored fat for months!



### ● The #1 detox protein

While many detoxes skimp on protein because it takes a lot of effort for the body to digest, experts agree that a low-protein diet can cause permanent declines in metabolism. That's why Gittleman's ultra detox is spiked with easily digestible whey protein powder, "which is proven to stimulate metabolism by 25% for up to 12 hours," she notes. Bonus: University of Arkansas findings show that whey protein sets off chemical reactions in our muscles, doubling the speed of fat burning and helping us firm up without exercise!

### ● The breakthrough supplement

With an assist from cool new technology, scientists have discovered that certain types of bacteria in our digestive tracts help make us effortlessly lean. So how does the ultra detox

boost slimming bacteria? By trading foods that beneficial bacteria hate (for example, animal fat, sugar, processed foods) for the prebiotic-rich foods it loves (especially leafy greens, onion, garlic and jicama). Harvard research found these strategies can make skinny bacteria surge within 30 hours. To further enhance the effect, you whip additional doses of skinny bacteria—in the form of probiotic powder—directly into detox drinks!



up in our livers, so the crucial organ can filter away fattening toxins and burn fat faster. "Most people don't realize that the liver is their primary fat-burning and detox organ," says Gittleman. "The better your liver functions, the easier it is for you to get and stay lean!" Gittleman adds that the vitamin C-rich acids in the detox's tomato, lemon and cranberry juices are also proven to help your liver work better and faster!

### ● A surprise liver boost

Long used by chefs to keep food smooth and creamy, lecithin—extracted from plants like sunflower—thins out build-

## "Lose an amazing amount!"

Diagnosed with a host of health problems, Teena Schorr tried diet after diet with no luck. Then she tested Gittleman's three-day detox. "I lost ten pounds in 72 hours," marvels the Nevada reader, 56, now down 15 pounds and still losing. "I went from thinking there was no hope for me to knowing that I can finally get to a healthy weight!" Meanwhile, Michigan mom Kelly Goralski, 48, was also wowed by the ultra detox. "Everything else I tried, I was hungry. This time, I was never hungry at all, so I really stuck with it," she says. And her efforts paid off. Kelly lost nine pounds in a single weekend. "In just 72 hours, you can lose an amazing amount of weight!"



## New discovery: The miracle health-protecting spice!

The hottest spice right now is turmeric, which you'll find everywhere from the Fat Flush Metabolizer Cocktail to spicy sweet potato chips and creamy turmeric lattes. The spice isn't just a boon for dieters, either. University College London found that adding one teaspoon of turmeric a day to your diet for six weeks actually turns off a gene that triggers "depression, asthma, eczema and cancer," says lead researcher Martin Widschwendter, Ph.D. "This is a really striking finding!"

## Midmorning

**Fat Flush Smoothie:** In blender, blitz 8 oz. water, splash unsweetened cranberry juice, small handful greens, 1/2 cup any fresh fruit, 1 serving whey protein powder, 1 Tbs. flaxseed oil, 1 Tbs. chia, 1 serving probiotic powder, such as Flora-Key brand, and 1 Tbs. sunflower lecithin  
Raw jicama, carrot or celery sticks



## Lunch



**Skinny Smoothie:** In blender, blitz 8 oz. water, splash unsweetened cranberry juice, small handful greens, 1/2 cup frozen berries, 1 serving whey protein powder, 1 Tbs. coconut oil, 1 Tbs. ground flaxseeds or chia, 1 Tbs. sunflower lecithin and ice cubes to taste

## Midafternoon snack

**Fat Flush Metabolizer Cocktail**  
Raw jicama, carrot or celery sticks

## Dinner

## Before Bedtime

**Fat Flush Metabolizer Cocktail**



## After 72 hours...

After 72 hours detoxing, Gittleman recommends switching to three daily meals each containing 1 serving whey protein powder, two eggs or 8 oz. cooked lean protein; 1 Tbs. chia, flaxseed oil or 1/2 avocado; and unlimited nonstarchy vegetables. Also enjoy up to two servings of fruit daily. Season meals with unlimited herbs, spices, lemon/lime juice, vinegar and or mustard. Natural zero-cal sweeteners like stevia are also fine. Drink plenty of water, adding unsweetened cranberry juice as desired. After two weeks, experiment with healthy starch to see how many servings you can include while still losing weight. For more tips and info, go to [FatFlush.com](http://FatFlush.com).