

THE FAST, FREE GUIDE TO FLUSH AWAY FAT!

THE FAT FLUSH PLAN

easy as 1-2-3

ANN LOUISE GITTLEMAN, Ph.D, CNS



**ANN LOUISE GITTLEMAN,
PhD, CNS**

ABOUT THE AUTHOR

As one of the world's foremost experts in functional and integrative medicine, Ann Louise holds an M.S. in Nutrition Education from Columbia University, has the title of Certified Nutrition Specialist (C.N.S.) from the American College of Nutrition and a Ph.D. in Holistic Nutrition. She has also served as the Chief Nutritionist of Pediatric Clinic at Bellevue Hospital and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, CA. She has won numerous awards, including The American Medical Writers Association Award for Excellence.

Continually breaking new ground in integrative and functional medicine, Ann Louise is a top nutritionist who was years before current trends like Paleo and Keto. She is internationally recognized as a pioneer in dietary, environmental, and women's health issues. She is an award-winning New York Times bestselling author of over 35 books on health and nutrition including diet, detox, women's health, men's health, perimenopause, menopause, beauty and the environment.

INTRODUCTION

The Fat Flush Plan has a rather basic and clear-cut mission: to increase metabolism, flush out bloat, speed up fat loss, and decrease inflammation throughout the body. At the core of the plan is the commitment to promote a balanced lifestyle and champion simple healthy habits that we all overlook or forget about as a result of everyday life. Every aspect of each phase of the plan is targeted like a guided missile to accomplish this goal: slimming smart fats [e.g., flaxseed oil, coconut oil, MCT oil, avocado, gamma-linolenic acid (GLA), and conjugated linoleic acid (CLA)], metabolism-raising protein (eight ounces or more plus whey or rice and pea vegan powders), high-fiber flax seeds, chia seeds, and hemp seeds, rainbow colored veggies, modest amounts of low-sugar fruits, calorie-burning condiments and spices (e.g., apple cider vinegar, coconut vinegar, mustard, cayenne pepper, ginger, cumin, turmeric, and cinnamon), liver- and lymph-cleansing beverages, exercise, journaling, and even sleep.

The Fat Flush Plan is all about whole food nutrition. It eliminates all weight loss-inhibiting foods and beverages such as white flour, white sugar, margarine, vegetable shortening, artificial sweeteners (e.g., aspartame), and caffeine in regular coffee, tea, chocolate, and many soft drinks.

In fact, the more meals you build around the Fat Flush foods on the plan, the more weight you will lose and the healthier you will be. That's right. Hunger will stop, food cravings will disappear, and even depression will noticeably lift, and triglyceride and cholesterol levels will balance out. Your circulation will increase, and you will look years younger as you feel reenergized, renewed, and refreshed.

The Fat Flush Plan is a springboard for a workable eating strategy. Each phase can be further individualized to target your personal needs by adding either more protein or more carbs sooner rather than later. For example, if you are a weight lifter or a large-framed, muscular individual, or if you have been suffering from severe stress due to an illness, you may need more than the 8 ounces of protein per day, perhaps even 12 ounces. Feel free to increase the meat, fish, poultry, or whey or pea and rice protein shake recommendations to fit your needs.

FAT FLUSH: AS EASY AS 1-2-3

Similarly, when you embark on the Two-Week Fat Flush but feel you absolutely must maintain your weekly high-intensity aerobic exercise and weight-strengthening program, then you may need to pop in a friendly carb or two right from the get-go.

The good news about the Fat Flush Plan is that you won't have to cut out your favorite foods forever, nor will you have to maintain a strict daily routine permanently. You just need to know the basic principles of fat flushing, which are discussed below, so that you can rely on the foods that will keep you lean with the help of the easy-to-follow menus and simple recipes.

For those who want instant results, I have created a Three-Day Ultra Fat Flush Tune-Up to kick-start your weight loss journey. This program combines some basic tenets of Fat Flush with a fast metabolizer cocktail to motivate you with daily weight and inch loss. This tune-up precedes phase 1, "The Two-Week Fat Flush." In phase 1, you will have not only 14 days of menus but more than 50 deliciously simple recipes to enjoy on the Two-Week Fat Flush. And you can always personalize any menu (breakfast, lunch, or dinner)—or recipe for that matter—to satisfy your own tastes based on the expanded lists of fat-flushing foods provided.

These cleansing diets will set the metabolic stage for phase 2, "The Metabolic Reset," as well as phase 3, "The Lifestyle Eating Plan." These two phases are discussed below.

Moreover, as so many of my clients have experienced, you can look forward to shedding unwanted pounds and feeling refreshed, cleansed, and nourished on all levels at every step of the plan. On the diet front, you will be putting a tight lid on, and counteracting, the effects of emotional eating, toxic foods, birth control pills, medications, and a stressful lifestyle. And this is important because your system likely has been overloaded and overburdened, creating havoc in your liver and lymph and decreasing your body's fat-burning ability. The Fat Flush Plan allows you to clean up and take control of your body and your life.

HERE'S WHAT IS IN STORE FOR YOU TO ENJOY DURING EVERY PHASE OF THE FAT FLUSH PLAN:

- ✓ **POWERFUL PROTEINS.** Eight ounces or more a day of protein, such as lean beef, chicken, fish, and vegan-based brown rice and pea protein, tofu, and tempeh. They boost metabolism by up to 25 percent for about 12 hours to keep metabolic fires burning. Proteins are the tissue and muscle rebuilders par excellence. For every pound of muscle gained, you burn an extra 70 calories per hour. Subsequently, you will help stop hunger and keep blood sugar and insulin levels steady as well as support your system's detoxification process. And you'll actually be eating eggs with yolks on the diet because the sulfur-bearing amino acids in the yolks help the liver metabolize fats.
- ✓ **AMAZING OMEGAS AND SLIMMING SMART FATS.** Such as high-lignan flaxseed oil, flax seeds, chia, GLA-rich botanicals from evening primrose oil, borage, black currant seed oil, coconut oil, and avocado—all trigger fat-burning rather than fat storage. Flaxseed oil tops the satiety scale and can attract oil-soluble poisons that have been lodged in your fat stores and transport those poisons out of the system. The GLA oils can mobilize brown adipose tissue, which burns off excess calories and boosts energy.
- ✓ **COLORFUL, FRIENDLY CARBOHYDRATES.** Such as antioxidant-rich fruits and veggies. These are high in natural enzymes, vitamins, and minerals such as potassium and keep sodium out of your cells to banish water retention.

FAT FLUSH: AS EASY AS 1-2-3

- ✓ **FLAVORFUL THERMOGENIC SPICES.** Such as anti-inflammatory ginger, cayenne, mustard, cumin, turmeric, and cinnamon, which raise your body temperature and kick your metabolism into high gear. In fact, studies show that some of these seasonings triple the body's ability to burn calories for fuel rather than store them as fat.
- ✓ **ELIMINATION OF METABOLISM BLOCKERS.** Such as wheat, milk, and yeast-based seasonings. By eliminating them you protect your fat-burning process and ward off those unsightly allergy-related symptoms, such as puffy eyes and dark circles under the eyes. Omitting them is vital to your weight loss success because they have a way of retaining fluid, slowing down metabolism, and making fat stick.
- ✓ **FIBER-RICH SEEDS.** To increase elimination, you'll enjoy flax seeds, chia seeds, and/or hemp seeds in daily smoothies filled with emulsifying enzymes from unsweetened cranberry juice diluted with water to help digest those fatty globules in the lymphatic system—your body's fat disposal dump, discussed in detail in Chapter 2 of the New Fat Flush Plan book. These high-fiber seeds increase fat excretion and bind toxins so that they are not reabsorbed into the body via bile.

BEFORE YOU BEGIN

The week before you begin the kickoff Three-Day Ultra Fat Flush Tune-Up is the best time to prepare your system for the entire Fat Flush Plan. Probably one of the most important preparations is to begin increasing your water intake between meals. Begin drinking at least two glasses between breakfast and lunch and two more between lunch and dinner. This will start increasing your hydration and create the new habit of power drinking to get more water into your system. After you feel confident that your hydration levels are increasing, begin to banish all trans fats from margarine, fried foods, and processed vegetable oils. Next, eliminate all the whites from your diet: white sugar, white rice, and white flour. Stock up instead on lots of fiber-rich veggies in all colors of the rainbow. Green, yellow, red, and orange veggies aid the cleansing process by providing natural fiber, which helps sweep out toxins, and pigment-based antioxidants aid the liver by keeping its detox pathways on the move. Adding a couple of pieces of fresh fruit also will help cleansing because fruits are a rich source of enzyme-activating potassium that starts to move accumulated fluids from your tissues.

By far the most important thing you can do to prepare your system for the plan is to gradually taper off all alcohol, coffee, tea, sodas (regular and diet), and energy drinks. This includes any regular or decaf coffee, aspartame, Splenda, and sugar alcohol-sweetened beverages. Even decaffeinated beverages have some caffeine, which can raise fat-storing cortisol. In addition, the acidity in decaffeinated coffee, for example, is higher than that in regular coffee because of

*Your life does not get better by chance,
it gets better by change.*

- Jim Rohn

the beans used to make decaf. Add to this the rancid oils and chemicals such as trichloroethylene or methylene chloride (dry-cleaning chemicals) used in the decaffeinating process, and you can see why decaf coffee is not the fat-flushing beverage of choice.

Thus, if you are a heavy coffee drinker (having more than two cups per day), here is what I suggest: Replace your coffee with dandelion root tea or dandelion root coffee, which gives you the taste and feel of the real deal. The beverages I enjoy and serve to my heavy-duty coffee-drinking friends not only are flavorful and satisfying but also are brewed like real coffee. Although there may be more types on the market, the one that lends itself best to the Fat Flush Plan is from the liver-loving dandelion.

I would cut down coffee consumption gradually by eliminating one cup every other day until you are down to just one cup a day, using the herbal coffees as a substitute for the other cups.

Taking these easy steps will help to prevent the withdrawal symptoms that about one in four Fat Flushers experience while on phase 1 during the first four days. Withdrawal from caffeine and sugar in particular can include such symptoms as headache, fatigue, irritability, and even increased hunger. These symptoms typically disappear by day five.

PHASE 1:

THE TWO-WEEK FAT FLUSH

This initial phase based on an average of about 1,200 calories daily is designed to further accelerate weight loss and cleanse the system as a follow-up to the Three-Day Ultra Fat Flush Tune-Up. This two-week phase will transform your body by helping to target and shed fat loss from your body's favorite fat storage areas—your hips, belly, thighs, and buttocks. Some individuals report a loss of up to 12 inches during this first phase of the diet, whereas they may lose only 5 pounds. This means that they are losing fat and bloat, not muscle (as with so many other diet programs). Remember, muscle weighs more than fat, so dropping a couple of sizes can be more significant than losing 10 pounds on the scale.

Regardless of how much weight or how many inches you need to lose, phase 1 will continue to reset metabolism. Why? Because we all need the right nutrient support in order to continue and activate the fat-burning process — especially when it comes to encouraging bile production for breaking down dietary fats and carrying toxins out of the body. First and foremost, the Two-Week Fat Flush is a whole food-based cleansing program. The clean nourishment this approach provides helps to facilitate weight loss by giving your liver—the body's

FAT FLUSH: AS EASY AS 1-2-3

premier fat-burning organ—some well-deserved support to detoxify your body and digest fats with higher-quality, decongested, free-flowing bile. Many of my clients refer to this two-week phase fondly as “Fat Flush Boot Camp.” And I agree. It is a program that is especially motivating if you have had difficulty losing weight before or if you have a lot of weight to lose.

While fat can be burned off by eating cleaner foods, taking thermogenic herbs, and working out, other weight loss regimens rarely rid your body of stored toxins. Unburned poisons often migrate from the shrinking fat reserves to the bloodstream, organs, and tissues, causing discomfort such as headache, irritability, and nausea. This is why most people find it difficult to stay on other weight loss programs and wind up not feeling well.

Phase 1, the Two-Week Fat Flush, counters this quite effectively by increasing the right kind of fats (in the form of flaxseed, coconut, MTC oil, and avocado), fiber, water, and exercise. While fiber, water, and exercise can flush out water-soluble toxins through the bowels, urine, and sweat, the oil, according to some researchers, can attract oil-soluble toxins that have been lodged in the fatty tissues of the body and carry them out of the system for elimination.

Now if you have a lot of weight to lose (over 25 pounds), you can stay on the initial phase of the program longer than two weeks. In fact, up to one month would be safe—and you can vary the program by extending phase 1 an additional two weeks. At this time, you can implement two smoothies per day as meal replacements for breakfast and lunch with a full meal in the evening. That’s why there are so many smoothie options to choose from— fortified, as in the initial two weeks, with smoothie “add-ins” to supercharge the cleansing and healing benefits for collagen building, enhanced detox, electrolyte balance, blood sugar regulation, anti-aging, and more carb control.

As an alternative, you may have more success moving to phase 2, where weight loss may even increase with the added fiber-rich foods and extended exercise prescription. Do note that in any case, phase 1 of this program is a bit too severe and rigorous for individuals who have kidney or liver disease, are pregnant or breastfeeding, have a history of eating disorders, or are under age 12.

PHASE 2:

THE METABOLIC RESET

Phase 2, “The Metabolic Reset,” is the next step for those individuals who have additional weight to lose and want to maintain a cleansing program but also enjoy more variety in food choices while still losing weight. This phase 2 program is designed for ongoing weight loss, with 1,200 to 1,500 calories each day, and is meant to be followed until you reach your desired weight or size.

Phase 2 is the perfect transition for those who are moving toward but are not quite ready for maintenance. This ongoing phase includes the foundational fat-flushing foods from phase 1 with up to two friendly and fiber-filled carbohydrate choices added into the menu plan one at a time each week. Easing them in this way will help you to determine whether the new food is helping or hindering your weight loss goals.

The slow but sure fiber increase introduced in this phase with the new choices of seedlike grains (quinoa and oatmeal) will help to further stabilize blood sugar and insulin. More fiber will also help to reduce fat storage cortisol and aid in decreasing excess estrogen by escorting it out via the bile.

FAT FLUSH: AS EASY AS 1-2-3

Since more fiber can also mean more gas and bloating (sometimes even constipation), this phase takes fiber increase nice and easy to prevent these discomforting symptoms.

Interestingly, some individuals notice accelerated weight loss in this phase, while others have observed a slowdown in weight loss because of the additional carbs. Regardless, I recommend that you stay on phase 2 until you have achieved or nearly achieved your weight goal. For some, this may mean two weeks; for others, it may mean another four to six weeks; and for still others with a lot of weight to lose, it may mean months.

Journaling at this transition time is absolutely key. If you start adding on a pound or two, you will be able to track this immediately and cut out or reduce the amount of the offending food before it becomes a real challenge. Journaling also will help you in the phase 3 lifestyle plan to track which foods you can't tolerate. Symptoms such as a speedy pulse, bloating, gas, drowsiness, and the return of cravings are your body's private distress signals that should spur you on to take action—immediately!

Keep in mind that you can always go back to phase 1 if you need the structure of a more disciplined regimen.

PHASE 3:

THE LIFESTYLE EATING PLAN

Phase 3, or lifestyle eating, is really the Fat Flush maintenance program for lifetime weight control. This phase offers over 1,800 calories daily, providing a basic lifelong eating program designed to increase your vitality and well-being for life. At this time, you will be using phase 2 as your foundational program, with its one or two friendly carb choices. You can now add up to two dairy products (or use coconut-based substitutes if you are dairy intolerant) as well as two more friendly carbs, making a grand total of four friendly carbs – weight and blood sugar permitting. Phase 3's friendly carbs include more choices from a variety of starchier, rainbow-colored veggies and non-gluten seed like grains (like wild rice, brown rice, buckwheat, and millet). As in phase 2, you will add these latest foods one at a time to make sure that you are tolerating the new additions without any food sensitivity symptoms.

FAT FLUSH: AS EASY AS 1-2-3

Phase 3 is definitely more appropriate for both pregnant and breastfeeding women because of the higher calorie and calcium content from the additional starchy and non-gluten grains and dairy products. My experience on the Fat Flush Plan has taught me that although leafy greens are also rich in calcium—for example, 1/2 cup of collard greens or turnip greens contains about 250 mg of calcium, compared with a cup of milk at 300 mg of calcium—and are widely available in all phases of the program, most dieters – without lactose or casein intolerances—prefer moderate amounts of pasture-raised, organic dairy calcium. And it makes menu planning a heck of a lot easier.

However, if you have noticed that cellulite has disappeared because you have avoided all dairy products (dairy, whether pasture raised or organic, still has hormones from the cow), then you can omit dairy entirely or use the coconut cream, yogurt, and milk alternatives.

To make sure that you don't gain back fat even if you gain back some weight during the phase 3 lifestyle program, the supplement CLA will be introduced. To recap, in a research study of 80 overweight people who dieted had regained weight, it was discovered that those who took CLA put the pounds back on in a ratio of half fat to half muscle.

ALL THREE PHASES

To optimize the results of your food and exercise program on all phases of the plan, powerful nutrients that cleanse, support, and regenerate the liver as well as cleanse the bile are also recommended. These include dandelion root, milk thistle, Oregon grape root, methionine, inositol, choline, lipase, chromium, the nutrient L-carnitine (an amino acid shown to raise the body's fat-burning ability), bile salts, beet root, and taurine.

THE POWER OF RITUAL

Once you experience the cleansing aspect in the initial phases of the plan, you'll probably discover that you think more clearly and are more mentally alert. As one first-time Fat Flusher remarked, "We can't expect to have sharp minds and luminous spirits when our bodies are polluted." Many devotees find that when their bodies are cleansed, they are more willing—and better prepared—to deal with other facets of their being.

Because the Fat Flush Plan was designed originally as a seasonal detox, done four times a year at designated times, it taps into the power of ritual. Its practical, systemized approach creates a sense of not only order but also reassurance when it is so easy to become confused and overwhelmed by the sheer choices of eating plans.

TUNING INTO YOUR DEEPER SIDE

You'll discover journaling to be a vital companion to your Fat Flush experience. It helps you keep tabs on your food and eating habits. As a matter of fact, this in itself has been shown to be enough to prevent weight gain according to some experts. Your Fat Flush journal helps you track your food consumption, food responses (e.g., bloating, drowsiness, irritability, and headaches), and progress.

Once you graduate to phases 2 and 3, where you'll be adding more fiber, friendly carbohydrates, and some dairy or coconut-based foods, the journal will give you an opportunity to discover your body's distress signals, alerting you to negative food reactions.

However, I also believe that journaling nurtures your body and soul beyond the diet component. This is why you'll also be tracking emotions along the way, giving you a clear idea of the feelings behind your eating impulses so that you can handle them successfully. Journaling creates a safe, comfortable place where you

can vent your feelings, chart your success, recognize patterns, and enter a private world of self-discovery. Because of this, journaling helps you eliminate one of the five hidden weight gain factors that we all seem to share—stress! Besides, taking the time to write in your journal has been shown to actually reduce food consumption, which helps reduce your fat-gaining potential.

TAPPING INTO THE POWER OF EXERCISE

The exercise component of the Fat Flush Plan represents another progression beyond other exercise programs. The Fat Flush Exercise Plan, like the diet plan, centers on the lymphatic system, the body's built-in waste-processing plant. The lymphatic channels extract all types of viruses, bacteria, fats, and wastes from the cells and transport them out of the system, relying on muscle contractions for their flow via the thighs and arms. Lymph slowdown is much more common as we start to age, especially due to sedentary lifestyles, with too much sitting being the “new smoking.” Since the lymph doesn't have a pump like the heart, it has to be “exercised” with either a bouncing action, deep breathing, or movement of the arms while walking briskly.

To help purify your lymph during all Fat Flush phases, you'll bounce on a mini-trampoline or rebounder for 10 minutes a day to gently ease waste materials and fat out of the lymph. By cleansing the lymph through gentle pressure on the thighs, lymphatic drainage is activated and fatty cellulite deposits begin to disappear. The greatest thing about this lymph-moving exercise is that virtually anyone can do it regardless of age or physical challenges. For instance, individuals who can't walk can still benefit from this exercise by sitting on the rebounder while someone else bounces on it.

On all three levels of the Fat Flush Plan, you'll enjoy moderate low-intensity exercise—starting with brisk walking done daily and later adding strength training twice a week to help tighten and tone the muscles. Strength training, in particular, will aid your weight loss efforts because it builds muscle (lean body mass), which is metabolically more active than fatty tissue. In phase 1 you'll do 30 minutes of brisk walking, dramatically swinging your arms back and forth to stimulate lymph flow and keep toxins moving. Then you'll graduate to 40 minutes in phase 2 and 60

FAT FLUSH: AS EASY AS 1-2-3

minutes in phase 3.

Since so many of my clients have adrenal fatigue, I am not a proponent of more exercise during detox. Light to moderate is the key because overexercise can actually weaken taxed adrenals due to higher exercise-induced cortisol levels and increased inflammation. If cortisol levels are already elevated, then low-intensity movement is the exercise of choice to prevent accelerated tissue breakdown and metabolic slowdown. That's why walking is recommended along with your daily yoga and Pilates if you want.

Exercise keeps insulin levels low and can even improve your emotional health because it releases endorphins, those natural mood elevators in your brain that make you feel good. Without a doubt, you'll feel centered, focused, and more in control.

LEARNING THE BEAUTY OF SLEEP

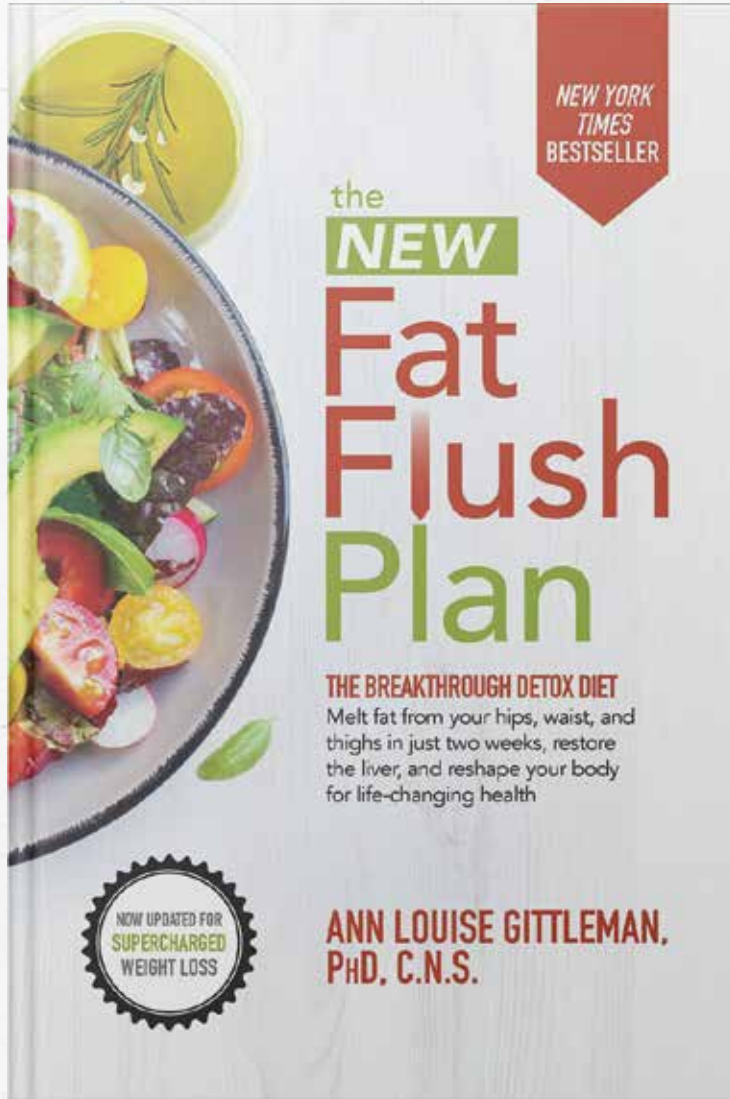
You'll also discover the value of getting the proper amount of quality sleep. Sleep reduces cortisol production—a key ingredient to stress fat—and helps restore the body physically. Throughout the program, you'll have a set bedtime (that magical time of 10 p.m.) and wake-up time, leaving you refreshed eight hours later!

All these fundamental elements weave together a splendid tapestry reflecting all the radiance and vitality of a balanced lifestyle. And let's face it, that's something we twenty-first-century men and women definitely need.

Ready for the next step?

FLUSH AWAY FAT *fast*

ORDER AT: FATFLUSH.COM



**Flush away excess pounds and inches for good
with the bestselling Fat Flush Phenomenon!**

ORDER NOW