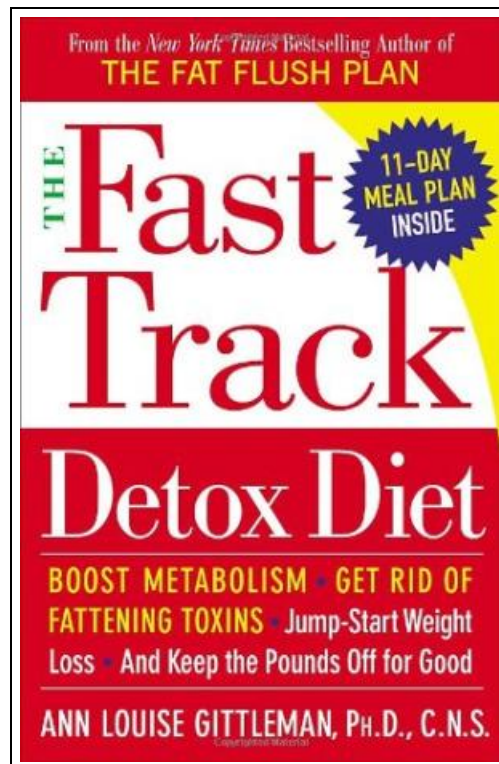


The Fast Track Detox Diet: Boost metabolism, get rid of fattening toxins, jump-start weight loss and keep the pounds off for good



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Harmony, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "In The Fast Track Detox Diet , the visionary nutritionist Ann Louise Gittleman has skillfully transformed the age old concept of fasting into a highly effective, rapid, but safe weight loss program that is perfect for twenty-first century living." Paula Baillie-Hamilton, M.D., Ph.D., author of Toxic Overload "Ann Louise Gittleman brings one of the oldest medical traditions - fasting - into the 21st century. Our bodies' toxin load is so high and at last, someone helps us address this issue in a way that makes sense." Fred Pescatore, M.D., M.P.H., C.C.N., author of The Hamptons Diet "Brilliant, enlightening, and powerful are just a few words that describe Ann Louise Gittleman's Fast Track Detox Diet . This is not just a diet book but rather an extraordinary analysis of how we should eat in our toxic world. Offering ground breaking solutions that will definitely improve the status of your health, Ann Louise Gittleman confirms my own belief that detox is a poorly understood missing link in the quest for optimum health. I can't wait to try her program!" Stephen T. Sinatra, M.D., F.A.C.C, C.N.S Author of The Sinatra Solution: Metabolic Cardiology "The Fast Track Detox Diet makes common sense and is on the cutting-edge of health. I predict that within the next five years it will be common knowledge that 'fattening chemicals' like the ones this program uncovers, are a primary underlying factor sabotaging our best weight loss efforts." Hyla Cass, M.D., Author of 8 Weeks to Vibrant Health "I consider cleansing and detox dieting to be the missing link in Western nutrition and a key to the vitality of our civilization. Ann Louise Gittleman is to be commended for getting the detox message out...



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