



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

By Ann Louise Gittleman

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...



[READ ONLINE](#)
[1.4 MB]

Reviews

It in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.
-- Aisha Swift

I just started reading this article pdf. it was actually writtern very properly and useful. You wont really feel monotony at whenever you want of your respective time (that's what catalogs are for relating to in the event you question me).
-- Brandt Koss III