

From the *New York Times* bestselling author of THE FAT FLUSH PLAN

# THE Fast Track ONE-DAY Detox Diet

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RECIPE INSIDE

Boost metabolism, get rid of fattening toxins,  
safely lose up to 8 pounds overnight  
and keep them off for good

ANN LOUISE GITTLEMAN, Ph.D., C.N.S.

# Fast Track One Day Detox Diet

**Elizabeth Lipski, PhD., C.C.N.**



## **Fast Track One Day Detox Diet:**

**The Fast Track One-Day Detox Diet** Ann Louise Gittleman, Ph.D., CNS, 2005-04-26 You know how it is That special event just around the corner and you can't fit into your designer jeans You need a fool proof emergency weight loss method that really works and works fast So how do you safely and quickly lose those extra pounds Once again renowned health pioneer and bestselling author Ann Louise Gittleman has a quick no strings attached solution that is also good for you She is always on the cutting edge of developing new methods to rejuvenate the body and facilitate weight loss and she's done it again in The Fast Track One Day Detox Diet Gittleman takes the age old method of fasting and incorporates it into a safe and healthy one day plan that helps you lose weight fast gets rid of toxins and gives your body a cleansing boost to prepare it for even more weight loss down the road The plan itself is blissfully simple THE PREQUEL Seven days of adding detox support foods to your diet to prepare your body for the one day Fast THE FAST One day of sipping Gittleman's Miracle Juice a deliciously spiced mixture of herbs and spices specially designed to stave off hunger balance blood sugar boost metabolism and replenish nutrients no kidding the juice is completely delicious THE SEQUEL Three days of reintroducing supportive and immune boosting foods into your diet to seal in the results That's all There's no need for a strict maintenance plan or more dieting because the Fast Track One Day Detox Diet purges your body of fattening toxins so that you'll keep losing weight once you're finished What's more if you can't add those healthy foods to your diet in the Prequel and Sequel Gittleman provides a list of replacement supplements that you can easily find in your local health food store or online So use The Fast Track One Day Detox Diet to jump start an over 40 metabolism melt away vacation or holiday pounds break a diet plateau get in shape for that high school reunion or wedding and even help heal a chronic illness Even if you've been slow to lose weight in the past the pounds will melt away quickly during your one day fast Inside there are recipes to prepare for the fast shopping lists and tips for sailing through the fast In addition Ann Louise Gittleman shares the wisdom she's gained from years of research on health diet and nutrition You'll find out about hidden toxins found in the environment and in everyday foods and learn easy steps you can take to live healthier every day The perfect diet simplicity effortless weight loss and obvious health benefits from a nutritionist with a proven track record You'll feel so good after your first fast you'll want to incorporate the Fast Track's cleansing principles and periodic fasting into your life for good Don't delay it's time to jump on the Fast Track to a lighter healthier you

**The Fast Track Detox Diet** Ann Louise Gittleman, Ph.D., CNS, 2010-04-14 What if you could lose three to eight pounds in a single day What if that nearly instant weight loss made you feel lighter freer cleaner and more energized What if that single day began a healing cleansing revitalizing process raising your awareness of the poisons that pollute our environment and purging your body of the toxins that set you up for weight gain fatigue and a host of deadly debilitating diseases What if that one day of weight loss could help jump start a long term weight loss plan Well that single day is here With Ann Louise Gittleman's The Fast Track One Day Detox Diet you can Cleanse your system back to

health Get rid of unhealthy fattening toxins Safely lose up to 8 pounds overnight and keep them off for good The Fast Track One Day Detox Diet is a whole new way to think about weight loss This is the first crash diet that not only works in the long run but is also good for you GET ON THE FAST TRACK IT S SAFE IT FEELS TERRIFIC AND IT WORKS **Discover Why Detoxing Is the Smart Choice for Your Health** Elizabeth Lipski,Lindsey Herndon,2006 Learn the benefits of cleansing and fasting to rid you of the hundreds of chemicals you are now storing in your body You can have more energy a clearer mind lose weight and reduce your symptoms by 50% by doing a cleanse and cleaning up you daily diet find out how Find out how to prepare yourself for detoxifying and discover who should and should not fast Resolve skin problems by improving hydrochloric acid levels Hear how to do a simple home test to see if you have enough hydrochloric acid in your stomach Realize why hidden food allergies are one of the major causes of disease and illness in this country Discover dangers of sucralose Splenda and benefits of cranberries Understand the estrogen mimicking effects of plastics and parabens Learn about a gentle and effective method to remove mercury and heavy metals from the body using ascorbate Vitamin C powder

**Going Organic Without Going Broke , The Health Detective's 456 Most Powerful Healing Secrets** Nan Kathryn Fuchs,2009-06-16 The Health Detective s 456 Most Powerful Healing Secrets There s a tug of war going on and your health is at risk Business interests are pulling on one end and science is tugging at the other Veteran nutritionist and health writer Nan Kathryn Fuchs knows how confusing and frustrating this is She knows that it takes time to sift through current information and separate hype from the real deal Aware that very few people actually have the time to read technical scientific studies and to question researchers and doctors to better understand the validity of their conclusions this health detective has done it for you There are truly miraculous substances and diagnostic tools out there that can help improve how you look how you feel and even how long and how well you live Dr Fuchs has uncovered hundreds of these health secrets over nearly a dozen years of writing for Women s Health Letter In The Health Detective s 456 Most Powerful Healing Secrets Dr Fuchs has gathered the most relevant healing secrets she s come across in her years of detective work From fighting diseases reversing chronic illness and ending stomach problems to losing weight looking younger relieving fatigue controlling pain and much more Dr Fuchs reveals the natural and safe ways to go about it This book makes these healing secrets easy to use and accessible to any woman in search of better or continued health **The Health Detective's 456 Most Powerful Healing Secrets (Volume 1 of 2) (EasyRead Comfort Edition) , Is Gwyneth Paltrow Wrong About Everything?** Timothy Caulfield,2016-05-10 An exploration of the effect our celebrity dominated culture has on our ideas of what it means to live the good life What would happen if an average Joe tried out for American Idol underwent a professional makeover endured Gwyneth Paltrow s Clean Cleanse and followed the outrageous rituals of the rich and famous Health law policy researcher Timothy Caulfield finds out in this thoroughly unique engaging and provocative book about celebrity culture and its iron grip on today s society Over the past decade our perceptions of beauty health success and happiness have

become increasingly framed by a popular culture steeped in celebrity influence and ever more disconnected from reality Research tells us that our health decisions and goals are influenced by celebrity culture and endorsements our children s ambitions are now overwhelmingly governed by the fantasy of fame and the ideals of beauty and success are mediated through a celebrity dominated worldview But while much has been written about the cause of our obsession with the rich and famous Caulfield argues that not enough has been done to debunk celebrity messages and promises about health diet beauty or happiness From super thin models to Gwyneth Paltrow s endorsement of a gluten free diet for almost anyone celebrity opinions have the power to dominate our conversations and outlooks In this book Caulfield provides an entertaining look into the celebrity world including vivid accounts of his own experiences trying out for American Idol having his skin resurfaced and doing the cleanse interviews with actual celebrities thought provoking facts and a practical and evidence based reality check on our own celebrity ambitions

**The Fast Track Detox Diet** Ann Louise Gittleman,2005 Do you spend your life feeling sluggish and overtired Exhausted and unhealthy Uncomfortably overweight Do you want to feel energised and invigorated Be healthier and happier Lose weight safely easily and fast Now with the revolutionary Fast Track Detox Diet developed by bestselling diet guru Dr Ann Louise Gittleman you can radically change the way you feel In November 2003 Ann Louise was asked to take the principles of her hugely successful detox diet to another level by developing a new programme which would enable dieters to lose weight quickly for that special event for that holiday outfit or just to jump start weight loss The Fast Track Detox Diet is the result rigorously tested under the guidance of a registered dietician and the results are incredible Substantial rapid but sustainable weight loss and an astonishing increase in energy vitality and mental clarity from the body but supported by a cleansing 7 day prequel to ensure you give your body all the nutrition it needs and a 3 day sequel to seal in the results it s easy to follow and with three alternative long term programmes to follow the eleven day plan it s genuinely life changing A toxic liver becomes unable to process fat and releases it back into the bloodstream A stressed failing colon can poison the body and result in added pounds and inches around the abdominal area Extreme low carb diets repress serotonin production triggering irritability and low energy levels Just three reasons why The Fast Track Detox Diet proven in systematic trials to purge your body of the toxins that set you up for weight gain and fatigue is the essential inspiring holistic whole body route to better health and dramatic weight loss

*Billie's Wisdom* Billie Watkins,2014-03-10 This book contains a whole lifetime of learning about herbal and homeopathic wisdom to complement traditional treatments for health projects

[Books Out Loud](#) ,2007 *Healing Multiple Sclerosis* Ann Boroach,2014-05-14 Multiple Sclerosis can now be healed and this book shows you how Though MS is widely believed to be incurable Boroach s breakthrough treatment protocol can dramatically restore patients to health This landmark book describes her own tumultuous journey with MS Her quest for a cure Case histories of those who have triumphed over MS The real causes of MS How to develop a personal treatment plan Everything you need to bring about recovery including a detailed and effective self help treatment protocol

Delicious recipes and recommended foods with two weeks of sample menus A five week nutritional makeover recommended supplements and a daily sample supplement schedule A list of recommended products User friendly charts and resources

*Healing Multiple Sclerosis, New Revised Edition* Ann Boroach, 2013-03-28 This new expanded edition revised in 2015 gives a breakthrough treatment protocol that can restore health to those with MS Even though MS is widely believed to be unbeatable Ann Boroach certified nutritional consultant and naturopath has developed a breakthrough treatment protocol that is having dramatic results This landmark work describes how she cured herself of MS using complementary medicine the real causes of MS case histories of those who have triumphed over multiple sclerosis and a comprehensive how to section that will show you how to develop your own treatment plan Healing Multiple Sclerosis contains everything you need to know to bring about recovery including A detailed and effective self help treatment plan Delicious recipes and recommended foods with two weeks of sample menus A five week nutritional makeover An updated and expanded step by step vitamin and supplement protocol Slow start program for those that are more progressed or not ambulatory User friendly charts and resources Healing Multiple Sclerosis finally brings hope to those suffering from MS Hot Times Ann Louise

Gittleman, 2005 A revitalizing nutritional program for menopausal women challenges practices that use pills and hormone therapy cites the origins of menopausal symptoms in poor lifestyle habits and recommends a regime of natural foods and exercise in order to combat common problems Original 12 500 first printing **Fat Camp** Deborah Blumenthal, 2006-06-06 Camp Songs by the bonfire first kisses summer fun but not at Camp Calliope prison camp for the overweight That s where Cam Phillips s parents have shipped her off to eat controlled portions endure rigorous exercise and sleep in a bunk full of girls who d rather exchange recipes than ghost stories and gossip That is except for one cool girl from Texas Faith Masters who is normal enough to help Cam stay sane and temporarily replace her best friend Evie Then there s Jesse the only thing close enough to drool worthy on this camp s menu Cam can totally relate to him since his basketball coach dad sounds a lot like her perfectly thin successful mom It looks like for the next eight weeks only the issues and not the food on Cam plate will be supersized **Get the Sugar Out, Revised and Updated 2nd Edition** Ann Louise Gittleman, Ph.D., CNS, 2008-01-08 In

this new edition of the bestselling Get the Sugar Out nationally renowned nutritionist and well known author Ann Louise Gittleman explains that sugar not only contributes to weight gain but also to mood swings weakened immunity diabetes some cancers and cardiovascular disease Here she offers 501 simple resourceful and practical tips for cutting sugar from your diet giving you the knowledge and inspiration you need to live a healthier life A few of Gittleman s basic ways to cut sugar include Eat more meals at home so you can oversee the ingredients and avoid hidden sugars If you have a sweet tooth try tricking it by chewing on a cinnamon stick Be a food detective don t trust sugar free or fat free labels Cut down on salt not only to be healthier but because it helps cut out sugar cravings Don t exchange sugar for artificial sweeteners as you ll find out here many are harmful With type II diabetes at an all time high cutting sugar from your diet is imperative Get the Sugar Out is

your solution for treatment and prevention a unique practical guide to a healthy and happy low sugar lifestyle      **Digestive Wellness for Children** Elizabeth Lipski,2006 Covers nutrition awareness and digestive conditions including food sensitivity and allergies leaky gut syndrome colic reflux Hirschsprung s Disease coeliac disease and Crohn s disease      The Health Detective's 456 Most Powerful Healing Secrets (Volume 2 of 2) (EasyRead Comfort Edition) ,      Digestive Wellness for Children Lipski, Elizabeth,2009-06-19 The health of our children is determined by their environment the food they eat the media they consume the way they use their bodies the love or abuse they receive and the chemicals to which they are exposed We ve recently become aware of the increasingly large numbers of children who are overweight and or suffer from mental illness and other health problems Fortunately it s not too late to do something about this sad state of affairs Children are extremely resilient and a great deal of research on the role of nutrition in health development and disease is pointing the way toward natural approaches to our children s health care Digestive Wellness for Children is a primer for all parents who are interested in learning about and actively supporting their children s digestive health The first part of this book is an overview of children s health issues The second part is a crash course in nutrition awareness The third part examines numerous digestive conditions from infancy to adolescence and from mouth to bowel including food sensitivities allergies leaky gut syndrome colic teething and spitting up gastroesophageal reflux hiatal hernia Hirschsprung s disease celiac disease ulcerative colitis and Crohn s disease The fourth part discusses and offers natural supportive and healing options for digestive and other issues associated with a myriad of medical problems including arthritis asthma attention deficit disorder autism cystic fibrosis diabetes Down syndrome influenza migraine and more Included are detailed easily navigated appendices on laboratory tests and disease healing options Digestive Wellness for Children is one of the most useful and comprehensive tools for parents to use in the vital quest for their children s best health      *Digestive Wellness for Children* Elizabeth Lipski, PhD., C.C.N.,2006-07-15 A perfect primer for all parents who are interested in learning about and supporting their children s digestive health      **The Health Detective's 456 Most Powerful Healing Secrets (Volume 3 of 3) (EasyRead Super Large 24pt Edition)** ,

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### **Fast Track One Day Detox Diet Introduction**

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