



Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health.

Ann Louise Gittleman

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From award winning New York Times best-selling author, Ann Louise Gittleman, Ph.D., C.N.S., comes the updated and revised *Eat Fat Lose Weight: How Smart Fats Reset Metabolism, Stress, Hunger and Sex Hormones for Lasting Weight Loss and Radiant Health*.

You think you're doing everything right: diet, exercise and even willpower. But, you're still not getting the results you deserve because you have a fear of fat and your hormones are out of whack. That's why this book is a must—to give you all the missing keys you need whether you're low fat, no-fat, Paleo, Primal, or simply focusing on detox and cleansing.

For decades, Ann Louise Gittleman has been a lone voice advocating the return of Smart Fats to the diet even when fat was demonized for the past 30 years by mainstream doctors, nutritionists and dieticians. In her years of research and experience with thousands of clients from A-list celebrities to everyday men and women, Gittleman has discovered that hormones—which govern metabolism, stress, hunger and sex—are the most overlooked and underrated culprits that can block even the most disciplined weight loss efforts. Yet, they are ALL brought into balance by the addition of the same powerful dietary solution—the Smart Fats!

In *Eat Fat Lose Weight* you'll...

- Uncover how bile—the body's ignored but primary method to breakdown fats and eliminate toxins—can be linked to the most urgent health concerns. Fortunately, all of the degenerative and mysterious illnesses connected to inadequate bile can be easily remedied, and Gittleman will show you how—whether you still have your gallbladder...or not! One unexpected solution may be as easy as avoiding the top three food allergens.
- Discover how metabolism can be derailed by sneaky saboteurs you never dreamed of—like hidden dental and sinus infections and the Epstein-Barr Virus; how your adrenals can inhibit your thyroid; how fruit can make you fat; why grain is such a drain; and how copper overload can wreak havoc on sex hormones by contributing to estrogen dominance.
- Become intimately familiar with ALL the Smart Fats that deserve a prominent place at breakfast, lunch & dinner. Most importantly, you will learn how to fully utilize them for effortless "waist control" and the prevention or management of depression, diabetes, heart disease, chronic fatigue, allergies, arthritis, psoriasis, eczema and low thyroid.

In *Eat Fat Lose Weight*, Gittleman has brought together do-able and delicious Smart Fat tips, tricks and recipes for complete weight loss and wellness. In each chapter, you'll find targeted foods, supplements and lifestyle intervention suggestions—many of which she originally researched for concerned readers as the nutrition columnist for *First for Women* magazine. Gittleman expands on that research and makes the solutions even easier and more complete with the emergence of all the latest Smart Fats like omega-7, pine nut oil and hemp seed oil, as well as the Smart Fat staples—coconut, GLA, fish, flax, cream and butter. You'll also find smart sips, seasonings and sweeteners to round out your culinary creativity.

As Gittleman says in her introduction, “I want each of you to be able to lose weight, feel great, and experience the highest degree of well-being, vitality & radiance no matter what diet you are doing or what has gone before.”

Praise for Ann Louise

“A powerful ‘Force of Nature’ in the healing community, Ann Louise is used to being on the cutting edge. Want to see what the experts will be saying in 25 years? Simply see what she is saying NOW!”

-Jacob Teitelbaum, MD | Author of *From Fatigued to Fantastic!*

“From Fat Flush to detox, Ann Louise Gittleman is a trailblazer whose impeccable, groundbreaking research & knowledge paved the path for nutritionists today.

-JJ Virgin | Author of New York Times best seller, *The Sugar Impact Diet*



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From reader reviews:

Alice Smith:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the publication untitled Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. can be excellent book to read. May be it might be best activity to you.

Jessie Taylor:

Why? Because this Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your skill and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

Jody Watson:

This Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. is great book for you because the content that is full of information for you who have always deal with world and also have to make decision every minute. This book reveal it info accurately using great organize word or we can declare no rambling sentences inside. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but tough core information with beautiful delivering sentences. Having Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. in your hand like having the world in your arm, details in it is not ridiculous one. We can say that no publication that offer you world within ten or fifteen small right but this guide already do that. So , this really is good reading book. Hello Mr. and Mrs. active do you still doubt which?

Margie Rodriguez:

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