



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

By 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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- Sales Rank: #154849 in eBooks
- Published on: 2015-12-01
- Released on: 2015-12-01
- Format: Kindle eBook

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The book Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. gives you the sense of being enjoy for your spare time. You should use to make your capable far more increase. Book can being your best friend when you getting tension or having big problem with your subject. If you can make reading through a book Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. being your habit, you can get considerably more advantages, like add your capable, increase your knowledge about several or all subjects. It is possible to know everything if you like start and read a guide Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health.. Kinds of book are several. It means that, science book or encyclopedia or other people. So , how do you think about this book?

Bruce Delvalle:

Your reading 6th sense will not betray you actually, why because this Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. reserve written by well-known writer whose to say well how to make book which might be understand by anyone who have read the book. Written in good manner for you, still dripping wet every ideas and composing skill only for eliminate your own personal hunger then you still doubt Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. as good book not simply by the cover but also with the content. This is one reserve that can break don't judge book by its include, so do you still needing another sixth sense to pick this kind of!? Oh come on your examining sixth sense already told you so why you have to listening to a different sixth sense.

Lee Witherspoon:

This Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health. is great guide for you because the content which can be full of information for you who have always deal with world and also have to make decision every minute. This kind of book reveal it facts accurately using great manage word or we can claim no rambling sentences within it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but difficult core information with lovely 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 getting the world in your arm, facts in it is not ridiculous a single. We can say that no publication that offer you world throughout ten or fifteen second right but this publication already do that. So , this can be good reading book. Hello Mr. and Mrs. hectic do you still doubt in which?

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