



The Fast Track One-Day Detox Diet: Boost metabolism, get rid of fattening toxins, safely lose up to 8 pounds overnight and keep them off for good

Ann Louise Gittleman Phd Cns

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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.

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Jessica Bradsher:

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Mary Gillon:

Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Fast Track One-Day Detox Diet: Boost metabolism, get rid of fattening toxins, safely lose up to 8 pounds overnight and keep them off for good, you are able to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't have it, oh come on its referred to as reading friends.

Corey Smith:

That publication can make you to feel relax. This specific book The Fast Track One-Day Detox Diet: Boost metabolism, get rid of fattening toxins, safely lose up to 8 pounds overnight and keep them off for good was multi-colored and of course has pictures on there. As we know that book The Fast Track One-Day Detox Diet: Boost metabolism, get rid of fattening toxins, safely lose up to 8 pounds overnight and keep them off for good has many kinds or variety. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. Therefore, not at all of book are make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book in your case and try to like reading in which.

Angela Kiefer:

Some individuals said that they feel weary when they reading a reserve. They are directly felt that when they get a half portions of the book. You can choose the actual book The Fast Track One-Day Detox Diet: Boost metabolism, get rid of fattening toxins, safely lose up to 8 pounds overnight and keep them off for good to make your own personal reading is interesting. Your own personal skill of reading expertise is developing

when you including reading. Try to choose very simple book to make you enjoy to read it and mingle the feeling about book and reading through especially. It is to be initial opinion for you to like to available a book and examine it. Beside that the reserve The Fast Track One-Day Detox Diet: Boost metabolism, get rid of fattening toxins, safely lose up to 8 pounds overnight and keep them off for good can to be your brand-new friend when you're experience alone and confuse in what must you're doing of the time.

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