



## The Fat Flush Fitness Plan

*Ann Louise Gittleman, Joanie Greggains*

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## Fat Flush Fitness Plan

The perfect fitness plan for low-carb dieters--accelerate the incredible weight loss power of the Fat Flush diet with this revolutionary fitness plan!

Ann Louise Gittleman's *Fat Flush Plan* revolutionized weight loss, providing a whole new system for detoxifying the body for better overall health. Now she goes one step further, teaming up with fitness expert Joanie Greggains to develop a total body care program that targets the lymphatic system, which helps to flush away fat. From rebounding, walking, and weight training to specially designed yoga stretches and deep breathing exercises, this plan builds calorie burning muscle mass, speeds weight loss and keeps those pounds from ever returning. Complete with sections on dry skin brushing, aromatherapy baths, and cellulite, readers will enjoy the personal anecdotes from Fat Flushers, motivational tidbits, easy-to-read charts and personal success stories. *The Fat Flush Fitness Plan* was a *US Weekly* Pick of the Week

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