

A COMPANION TO THE
NATIONAL BESTSELLER
*THE FAT FLUSH
PLAN*

The Fat Flush Foods

THE WORLD'S BEST FOODS, SEASONINGS, AND SUPPLEMENTS
TO FLUSH THE FAT FROM EVERY BODY



ANN LOUISE GITTLEMAN, M.S., C.N.S.

The Fat
Flush
Foods

Other Books in the Fat Flush Program

The Fat Flush Plan

The Fat Flush Cookbook

The Fat Flush Journal and Shopping Guide

The Complete Fat Flush Program

The Fat Flush Fitness Plan
(with Joanie Greggains)

The Fat
Flush
Foods



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Introduction

It's true.

Combining the right kinds of foods in your diet does more for your figure than any weight loss “magic bullet” ever could. But, today we live in a constant state of information overload, and it can be overwhelming to try to decipher all the reports about which foods are slimming and which foods pack on the pounds. For example, to say that broccoli is good for you or that eggs contain cholesterol is hardly headline news. However, did you know that broccoli promotes weight loss by balancing blood-sugar levels and that over 200 scientific studies have proven that eating eggs does not boost cholesterol? These are just two of the fifty foods, spices, and supplements that I have chosen as twenty-first-century Fat Flushing “superfoods.”

Nutritionally dense, a Fat Flushing superfood is a therapeutic bombshell that flushes fat from the body, detoxifies the body, and contributes to overall health and beauty. Because a healthy diet is the most important factor in losing weight and maintaining overall health, I've chosen the best of the best—the top 50 Fat Flushing foods, spices, and supplements that contribute to a fit, younger-looking body.

Based on the latest research, I've put together all you need to know about the premier foods known to burn fat, boost your metabolism, detoxify your body, and erase excess water weight, while controlling cholesterol and blood-sugar levels. In fact, I've categorized each of the 50 items so that you can know at a glance how they contribute to weight loss. Throughout this book, the following basic categories will guide you on your Fat Flush journey toward better health and fitness:

Blood-Sugar Stabilizer

Foods with this designation are known for steadying your blood sugar, which serves to curb your appetite and prevent the fatty deposits that are part of “insulin resistance.”

Cholesterol Zapper

Foods that help rid the body of cholesterol or help balance the ratio between “good” and “bad” cholesterol levels are marked with this icon.

Detoxifier

To earn this designation, foods must be known for ridding the body of toxins, thereby creating a cleansed and invigorated liver, which is ready to function as a fat-burning machine.

Diuretic

Foods that help dewaterlog the tissues and eliminate excess water weight are marked with this icon.

Energizer

To carry this designation, a food must fight fatigue, ward off stress, and provide an energizing boost to the entire body.

Thermogenic

These are foods that raise body temperature, thereby helping it to burn fat efficiently rather than storing it as fuel.

I encourage you to become familiar with each of the 50 items detailed in this book. By peppering your grocery list with these Fat Flushing superfoods, you’ll say goodbye to weight gain, bloating, and those stubborn fat deposits on your hips, thighs, and buttocks. However, this book is just one of the pieces of the Fat Flush puzzle. In addition, I invite you to explore the complete Fat Flush Plan, which details even further how to use these Fat Flushing foods to increase your metabolism, eliminate bloat, and speed up fat loss.

The Fat Flush Plan goes beyond the conventional answers by uncovering the root causes of why we gain weight. It is an exciting breakthrough program, already in use by millions of people who are discovering both short-term weight loss and long-term wellness. Yet, even with just this book as your companion, you can begin to eat your way to weight loss, beauty, and overall good health. By learning about these 50 Fat Flushing foods, spices, and supplements, you’ll be informed and in control of gaining the fit, tight, healthy body you’ve always wanted.

Fat Flushing Staples

The biggest room in the world is the room for improvement.

ANONYMOUS

My breakthrough eating program, the Fat Flush Plan, contains key elements—designated here as Fat Flushing Staples—which trigger both fat and weight loss safely and simply. Fat Flushers everywhere are discovering this new paradigm shift in weight loss and lasting weight control: The liver is the primary fat-burning organ in the body, and it must be cleansed and supported in order to achieve peak performance.

Your liver is strongly affected by a poor diet. In fact, a liver overloaded with pollutants and toxins is the number one weight-loss roadblock. Excess fat, sugar, alcohol, and caffeine—along with antidepressants and birth control pills—work to sabotage your weight-loss efforts by creating a tired and toxic liver that can't efficiently burn body fat. The Fat Flush Plan is designed to clean out the liver and help you drop a dress size or two in relatively short order.

This groundbreaking diet doesn't stop at flushing fat. Fat Flushers have also found that it improves circulation, increases energy, stabilizes mood swings, induces sound sleep, improves skin texture, makes nails stronger, and helps to lessen depression and anxiety. They also report lower cholesterol (as much as 30 points) and balanced triglyceride levels. In addition, the added bonus of internal cleansing provides unexpected mental and emotional benefits. A clean body translates into clearer thinking and mental alertness.

The six Fat Flushing Staples detailed in this chapter are crucial to the success enjoyed by many Fat Flushers around the globe. From the initial 2-week detoxification phase to the second phase of ongoing weight loss to the third phase of lifestyle eating, the Fat Flush Plan depends on each of the following six superfoods to perform its individual magic. And, by working together, these Fat Flushing Staples transform your shape by rejuvenating the liver and accelerating fat loss from your body's favorite fat storage areas—your hips, thighs, and buttocks.

APPLE CIDER VINEGAR

Fat Flush Factors

Thermogenic

Detoxifier

Cholesterol Zapper

Energizer

An excellent fat burner, apple cider vinegar (ACV) helps whittle away excess weight and revs up the metabolism. In fact, a recent Arizona State University study found that participants who consumed as little as 1½ tablespoons of apple cider vinegar ate 200 fewer calories at the following meal.¹ That's amazing, considering that apple cider vinegar, or ACV, is nothing more than freshly pressed apple juice that has fermented at room temperature for a few weeks.

The main ingredient in apple cider vinegar, acetic acid, is a powerful nutrient that has been proven to stimulate the metabolism. ACV also contains dozens of other nutrients that work to eliminate fat by creating the ideal chemical balance in the body. Researchers at the University of Sydney found that consuming vinegar with meals can lower blood sugar by as much as 30 percent.² The acidity in ACV helps slow stomach emptying, which means that food takes longer to reach your small intestine and bloodstream. As a result, carbohydrates are digested more slowly, thereby lowering blood-sugar levels and keeping the appetite in check.

Apple cider vinegar contains potassium, which helps transfer nutrients to your cells and give toxic waste substances the boot. The beta-carotene found in ACV also helps cleanse the body by getting rid of free radicals, those unstable molecules that can damage fat, protein, and even our DNA. In a spoonful of cider vinegar, you'll also find pectin, a fiber that "scrapes" the cholesterol off blood vessel walls. ACV is also full of enzymes and amino acids that assist in the development of healthy protein in the body. Studies in Japan have demonstrated that ACV reduces cholesterol and slows down the aging process by destroying free radicals in the body.³

Could there possibly be more? You bet. Apple cider vinegar helps cleanse and tone the digestive tract, increases circulation, soothes achy joints and sore muscles, and gives skin a healthy sheen. Pick up a bottle of apple cider vinegar today, and you'll be on your way to a lighter and lovelier you!

Recommended Usage: Up to 2 teaspoons per day, mixed with water, in recipes or as a salad dressing.

Just the Facts

- In 400 B.C., Hippocrates, the father of medicine, recognized the powerful cleansing, healing, and germ-fighting qualities of apple cider vinegar.
- Apple cider vinegar makes a terrific pH-balancing bath and adds shine when used as a hair rinse.

Boost the Benefits

- When shopping for cider vinegar, look for brands that are certified organic, unfiltered, and unpasteurized. Read the label carefully because some companies sell apple cider “flavored” vinegar.
- Apple cider vinegar requires no additives or preservatives. And there’s no need to worry about bacteria such as *E. coli* affecting ACV (the way it might affect apple juice) since *E. coli* can’t survive in vinegar’s acidic environment.
- Apple cider vinegar should be a rich brownish color with visible sediment. The cobweblike strands floating in a bottle of natural ACV are edible protein substances that are referred to as the “mother.” Having a “mother” in your bottle of cider vinegar is a *good* thing because it indicates that the vinegar is all natural.
- Organic ACV has a pleasant, but pungent, odor and taste, sometimes causing you to pucker up.
- Store your apple cider vinegar in a dark cupboard to protect the vital nutrients.

Fat Flush in Action

- Make a thirst-quenching drink by mixing a teaspoon of apple cider vinegar with a tall glass of water.
- Before cooking, soak fish in apple cider vinegar and water for a tender, sweeter taste.
- To create a fluffy meringue, beat 3 egg whites with a teaspoon of ACV.
- To tenderize meat, marinate it overnight in apple cider vinegar and your favorite herbs and spices.

It’s Been Said . . .

Apple cider vinegar and flax oil make a terrific salad dressing. I use it every day and have lost 25 pounds in three months.

ELAINE T., TEXAS

CRANBERRIES

Fat Flush Factors

Diuretic

Detoxifier

Cholesterol Zapper

Native to North America, the cranberry can still be found growing wild in the cool, sandy bogs of Massachusetts and New Jersey. It was Dutch and German settlers who named this bright red berry, calling it “crane” berry after the birdlike shape of its blossoms.

Cranberries—and pure, unsweetened cranberry juice—enjoy superstar status as a prime component of the Fat Flush Plan. Cranberries contain significant amounts of both *flavonoids* and *polyphenolic compounds*, shown to prevent the oxidation of LDL cholesterol. LDL cholesterol is the “bad” type of cholesterol, which becomes dangerous to the body only after it has been oxidized. Ongoing research continues to suggest that cranberries offer a natural defense against atherosclerosis and heart disease. At the Technical University of Denmark, researchers compared the health benefits of cranberry and blueberry juice. The results? Cranberries won, hands down. In fact, while cranberry juice proved to be a powerful antioxidant, blueberry juice served up no more nutritional benefit than sugar water.⁴

Only a few years ago, some doctors discounted cranberry juice as a natural prevention for bladder infections. Now, thanks to research conducted by the Harvard Medical School and Rutgers University, physicians know that cranberries help prevent the bacteria, *E. coli*, from sticking to the lining of the bladder.⁵ The news gets even better. It turns out that cranberries have a similar effect in the mouth, preventing bacteria from gathering on the surface of your teeth where it can cause gingivitis and periodontal disease.⁶ The antibacterial power of cranberries also shows up in the stomach, providing much needed protection against the ulcer-causing bacterium *H. pylori*.⁷

All these health improvements make cranberries worth every penny. However, Fat Flushers know that cranberries offer another very important side effect. Pure cranberry juice is absorbed immediately into the system, where it helps keep your liver’s detoxification pathways open, provides antioxidants called phenols, along with vita-

min-C–related bioflavonoids to strengthen your connective tissue, and, based on my observations over the past 15 years, acts as a digestive aid for any stubborn fat deposits remaining in your lymphatic system. This could well be the reason why people on the Fat Flush Plan see their cellulite disappear.

So expand your consumption of cranberries *beyond* the Thanksgiving holiday, and you'll gain an abundance of health—and beauty—benefits all year long.

Recommended Usage: One cup of 100 percent pure, unsweetened cranberry juice per day.

Just the Facts

- In colonial times, cranberries did triple duty as a medicine, a colorful natural dye, and as a symbol of peace.
- Cranberries are one of only three original American fruits still being produced today, with nearly 600 million pounds harvested every October. If you strung together all the cranberries produced in North America last year, they would stretch from Boston to Los Angeles more than 565 times!
- Cranberries are considered a “functional” food, meaning they provide natural health benefits far beyond basic nutrition.
- Based on serving size, pure, unsweetened cranberry juice has the highest antioxidant level of any cranberry product.
- Cranberry juice helps prevent a vitamin B¹² deficiency by increasing the body's absorption of this important nutrient.

Boost the Benefits

- When shopping for cranberries, look for fruit that is shiny and plump and that has a bright color. A good quality, ripe cranberry will bounce.
- You may store cranberries in the refrigerator in their original, unopened plastic bags for 1 or 2 months. They may be kept frozen for 8 to 9 months. Once cooked, they will stay fresh for up to a month in a covered container in the refrigerator.
- Because overcooking gives them a bitter taste, cranberries should be cooked only until they “pop.”

THINK TWICE!

When buying cranberry juice, remember to read labels carefully. The wording on the label provides strong clues to the content. For exam-

ple, a cranberry “drink” or “cocktail” usually contains ample amounts of sugar water or corn syrup, with a little real juice thrown in for good measure. Bottles marked “no sugar added” are often sweetened with apple or grape juice. For maximum Fat Flushing benefit, look for 100 percent pure, unsweetened cranberry juice.

It's Been Said . . .

For my entire life, my thighs bulged out at the sides. . . I was the ultimate pear shape. Now my sides are straight and firm. I've been dieting off and on ever since I was in junior high and this has NEVER happened before. I believe it's the daily cranberry juice mixed with water that helps the most. I could tell a real difference even in the first week or two of drinking it and now if I get little or no cran-water when I travel, I really miss that cleaned-out leaner feeling I get while I'm drinking it.

KATHY J., NEW YORK

FLAXSEED OIL

Fat Flush Factors

Cholesterol Zapper

Energizer

Blood-Sugar Stabilizer

Detoxifier

For Fat Flushers, flaxseed oil is a key element, capable of setting off a domino effect of weight loss and health benefits. It contains omega-3 (*essential fatty acids*), which, along with CLA and GLA, are the missing links to health, beauty and weight loss. As their name implies, essential fatty acids are vital for human health, but, because they cannot be made by the body, they must be obtained from foods. If your waistline is expanding, it could be because of a deficiency in the right kind of fat!

An omega-3 deficiency promotes weight gain in several ways. First, the appetite center in your brain may not be getting the message that you are full, so you eat more than you need. Second, your metabolism slows down, causing you to take in more calories than you burn off. By consuming flaxseed oil, you'll feel full for up to 3 or 4 hours so you won't be tempted to overeat between meals. Also, the omega-3's in the flaxseed oil are known to boost serotonin levels in the brain. As a result, you won't feel depressed, and you won't feel the need to eat to release anxiety and stress. And flaxseed oil revs up your metabolism, stimulates bile production, and attracts oil-soluble toxins that have been lodged in fatty tissues in the body, eliminating them from your system.

Beyond being a dieter's dream, flaxseed oil plays a critical role in healthy brain function, proper thyroid and adrenal activity, and balanced hormones. It strengthens the immune system, helps maintain healthy blood and nerves, and breaks down cholesterol. The omega-3's in flaxseed oil are also needed to produce flexible cell membranes, which allow for efficient use of insulin and stabilization of blood sugar. In the colon, omega-3 fats help protect colon cells from cancer-causing toxins and free radicals, thus reducing the risk of colon cancer. And, on the beauty front, flaxseed oil promotes glowing skin, shiny hair, and strong nails.

You can see why I consider flaxseed oil so vital to everyone's health and wellness. Is it any wonder that this precious oil has been nicknamed "liquid gold"? Do yourself a favor—get over your fear of fat and add flaxseed oil to your daily diet. You'll pare off the pounds and develop that Fat Flushing "glow"!

Recommended Usage: Two tablespoons of flaxseed oil per day.

Just the Facts

- Flax plants grow well in most climates, except for areas with searing hot or bitterly cold weather.
- After settling in North America, most colonists made planting flax a top priority.
- For centuries, freshly pressed flaxseed oil was sold by street vendors in northern Europe.
- Dry skin is the first—and most common—sign that you are deficient in omega-3 fatty acids.

Boost the Benefits

- Flaxseed oil is highly perishable and should be purchased in opaque bottles that have been kept refrigerated.
- Because heat destroys the sensitive fatty acids in flaxseed oil, you cannot cook or bake with it. Avoid direct exposure to heat.
- Fresh flaxseed oil has a sweet, nutty flavor. It can vary from brand to brand, so be sure to try several to find the one that suits you best.
- By blending flaxseed oil with other foods, rather than taking it alone by the spoonful, you allow it to emulsify, which ensures better absorption of the essential fatty acids.

Be a Fat Flush Cook

- Add a tablespoon of flaxseed oil to your breakfast smoothie. Your appetite will be satisfied for hours!
- Mix yogurt and flaxseed oil for a healthy alternative to mayonnaise.
- For people on the Fat Flush Plan, butter is a Phase 3 treat. To give your Phase 3 butter a bigger nutritional bite, try making a flavorful flax spread. Melt a stick of butter and remove it from the heat. Add 4 ounces of flaxseed oil and stir until blended. Pour the mixture into a container, cover it, and store in the refrigerator until it solidifies.
- For a great Phase 3 snack, mix 1 tablespoon of flaxseed oil into a cup of yogurt, and add your favorite fruit.