




ANN LOUISE GITTLEMAN, PH.D., C.N.S.

the
ultra fast
Fat Flush®
Guide



Building on the *New York Times* bestselling *Fat Flush Protocol*, this guide reveals 4 brand new Fat Flush Accelerators that produce faster fat loss and even easier ways to get you to your weight loss goal.



ABOUT THE AUTHOR

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As one of the world's foremost experts in functional and integrative medicine, Ann Louise holds an M.S. in Nutrition Education from Columbia University, has the title of Certified Nutrition Specialist (C.N.S.) from the American College of Nutrition and a Ph.D. in Holistic Nutrition. She has also served as the Chief Nutritionist of Pediatric Clinic at Bellevue Hospital and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, CA. She has won numerous awards, including The American Medical Writers Association Award for Excellence. Continually breaking new ground in integrative and functional medicine, Ann Louise is a top nutritionist who was years before current trends like Paleo and Keto. She is internationally recognized as a pioneer in dietary, environmental, and women's health issues. She is an award-winning New York Times bestselling author of over 35 books on health and nutrition including diet, detox, women's health, men's health, perimenopause, menopause, beauty and the environment.

WELCOME TO

THE ULTRA FAST FAT FLUSH

2021 is a very special year for my [Fat Flush Plan](#): it marks the 20th anniversary of the worldwide phenomenon you know as Fat Flush! Over the past two decades, I've been blessed beyond measure by the millions of readers who have made it into an international New York Times Bestseller and shared their incredible weight loss success stories with me.

[Fat Flush](#) has been featured everywhere from *Time Magazine* to countless women's magazines and all the network daytime shows.

For more than two decades, the concept of fat flushing has revolutionized weight loss and changed the way Americans slim down by introducing the principle of detox dieting. Millions of men and women have used the basic Fat Flush protocols to lose weight, balance their blood sugar, tamp down inflammation, increase energy, lower cholesterol and improve overall wellness. In contrast to the hundreds of fad diets flooding the marketplace, it's no wonder that fat flushing has become synonymous with looking and feeling younger. Women's World magazine even dubbed it '[The Internet Miracle Diet](#).' So if you don't have a copy of [The New Fat Flush Plan](#), this is the time to pick one up.

The worldwide pandemic not only changed the way we look at our health, but changed our weight loss priorities as well. It's no longer just about losing weight quickly and keeping it off, but about how to do it safely and effectively—without stressing our bodies or compromising our immunity.

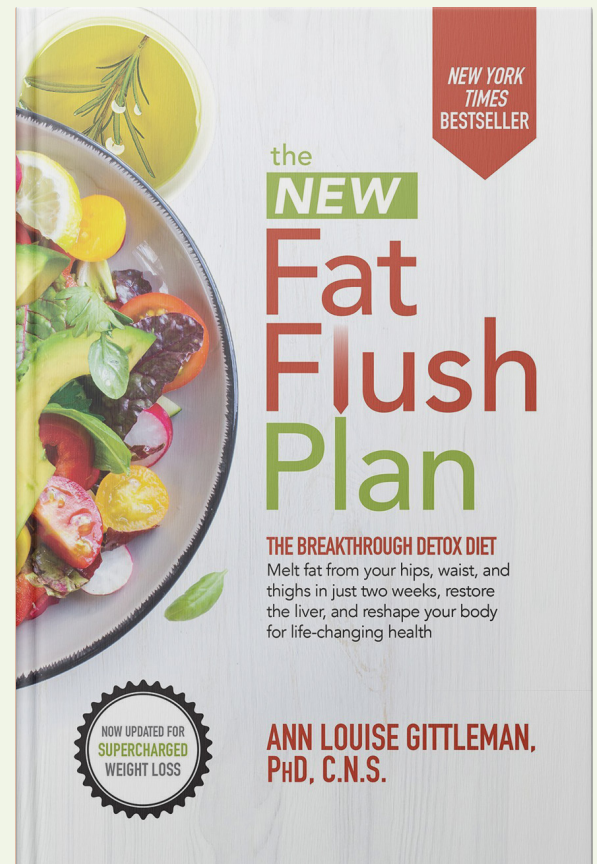
Stress-eating our way through this year has left many feeling fat and fatigued with a sluggish metabolism — concerned about keeping our immune systems tuned up, but wanting to focus more on self care and weight loss.

I hear you.

I can think of no better way to celebrate this 20-year milestone than to share with you the **4 most effective accelerators you can use to upgrade your Fat Flush and make it faster and more effective, while also giving your energy and immunity a boost.**

You'll still use the same proven eating principles of the New Fat Flush Plan with nutrient dense, low glycemic carbs, lean and clean proteins, healthy essential fats, and delicious, satisfying smoothies, but now you will have the option to add in four new Ultra Fast Fat Flush Accelerators to rev up your metabolism, build up your energy, and shore up your immunity, along with new mouth-watering recipes to easily integrate these accelerators into every lifestyle.

FLUSH AWAY FAT *fast*



Flush away excess pounds and inches for good with the bestselling Fat Flush Phenomenon!

ORDER NOW

THE ULTRA FAT FLUSH ACCELERATORS ARE SIMPLE TO INCORPORATE:

- 1 A gentle form of **intermittent fasting** will show you that when you eat is just as important as what you eat for weight loss, longevity, and immunity, and can be done effectively without cutting calories or stressing your adrenals.
- 2 **Coffee** lovers will be thrilled to hear that starting your day with the right coffee jumpstarts your metabolism and gets you burning fat faster from the first sip.
- 3 You have to eat healthy fat to lose fat—and there's one special fat that helps you shed unwanted pounds and melt away cellulite in as little as three days. **Sunflower lecithin** not only helps you flush excess body fat, but its rich choline content also helps stimulate fat metabolism in the liver—and is essential in the fight against fatty liver.
- 4 The tangy zip of **apple cider vinegar** isn't just for digestion anymore. It'll help cut your cravings, curb your appetite, and balance your blood sugar, while supporting your immune function and boosting your fat metabolism.

START HERE

Whether you are a loyal Fat Flush fan, veteran Fat Flusher, or a newbie to my programs, I invite you to celebrate a renewed you with my Ultra Fast Fat Flush Guide! Adding these accelerators is as simple as choosing your starting point in *the New Fat Flush Plan* book (pictured on page 4) and adding the 4 new accelerators outlined in this guide to boost your results faster than ever before.

#1: INTERMITTENT FASTING

INTERMITTENT FASTING FOR SPEEDY SLIMMING & OVERALL HEALTH

What if I told you that one small change in the timing of your smoothies and meals – just 2-3 days per week – not only takes your weight loss to the next level, but also boosts energy, immunity, and even longevity? It's called intermittent fasting, and it not only revs up your fat-burning metabolism, but also ramps up your energy and bolsters your immunity.

Intermittent fasting isn't a fad – it's a well-known, well-researched practice that has been used for centuries to improve overall health, energy, immunity, and metabolism – without starving or depriving yourself. You simply change the timing of when you eat – without restricting yourself from the foods and smoothies you enjoy. And it gives a turbo boost to your weight loss and rejuvenation efforts while supporting your immune health.

*Just make sure you are continually supporting your [adrenals](#) – the stress glands that



WHAT INTERMITTENT FASTING CAN DO FOR YOU

take a major hit when you are not eating for long periods of time. This is especially true for those of us who are hypoglycemics or have major kidney, liver, or heart issues.

Even during a short-term fast, your body turns to healthy fats for fuel, which boost your intestinal stem cell function. [Studies](#) as far back as the 1920s show that intermittent fasting done just a few days each week is as effective as continuous calorie restriction when it comes to weight loss, blood sugar control, and disease prevention. Because of the strong connection between your intestines and your immune system, the positive effects are felt not only with digestion and weight loss but also immunity. According to MIT [researchers](#), this one dietary change is enough to reverse age-related stem cell decline.

Fasting also supports autophagy, a sort of “Spring cleaning” for your cells. With age, the body can become less efficient with autophagy, meaning that we age faster. Autophagy

is a fancy word for the process of cellular self-cleansing that even a 12-hour overnight fast induces. It starts 2 hours into fasting, peaks at 6 hours, and runs its course after 12 hours. It's important for the health and survival of our cells, and plays a key role in the health and strength of our immune system, as well as our longevity. This rejuvenation process flushes out cell-killing toxins and can delay the onset of degenerative diseases.

Intermittent fasting isn't a diet, it's a schedule of eating that doesn't change what you eat but when you eat. Typically you don't change the quantity of what you eat, you change the time of when you eat it - most people eat larger meals in a shorter time frame. This results in more fat loss while preserving your lean muscle mass, as well as a variety of other amazing health benefits.

THE HEALTH BENEFITS OF INTERMITTENT FASTING INCLUDE:

- ✓ Burning belly fat while retaining lean body mass
- ✓ Increased metabolism
- ✓ Better blood sugar control with decreased insulin resistance
- ✓ Triggering natural cellular repair
- ✓ Better cognitive brain function
- ✓ Anti-aging with a longer, healthier life span
- ✓ Reduced inflammation and oxidative stress
- ✓ Healthy gene expression and optimized hormone levels
- ✓ Possible prevention of cancer, Alzheimer's Disease, cardiovascular disease, Type 2 Diabetes, and other chronic diseases

HOW INTERMITTENT FASTING GIVES YOU A FASTER FAT FLUSH:

Intermittent fasting is the most powerful key to a faster Fat Flush. It can reset your “fat thermostat” and get your body quickly and efficiently burning fat as fuel for energy while it raises your metabolism. It does this by lowering your leptin and insulin levels.

Have you ever gone on a diet and found that it’s easy to lose weight but difficult to maintain the loss? The reason for this is leptin resistance. We often think of fat cells as simply storage cells for your body’s excess fat, but this isn’t true – they are actually part of the endocrine system and manufacture key metabolic hormones that include leptin, the satiety hormone.

LET’S SET OUR LEPTIN STRAIGHT

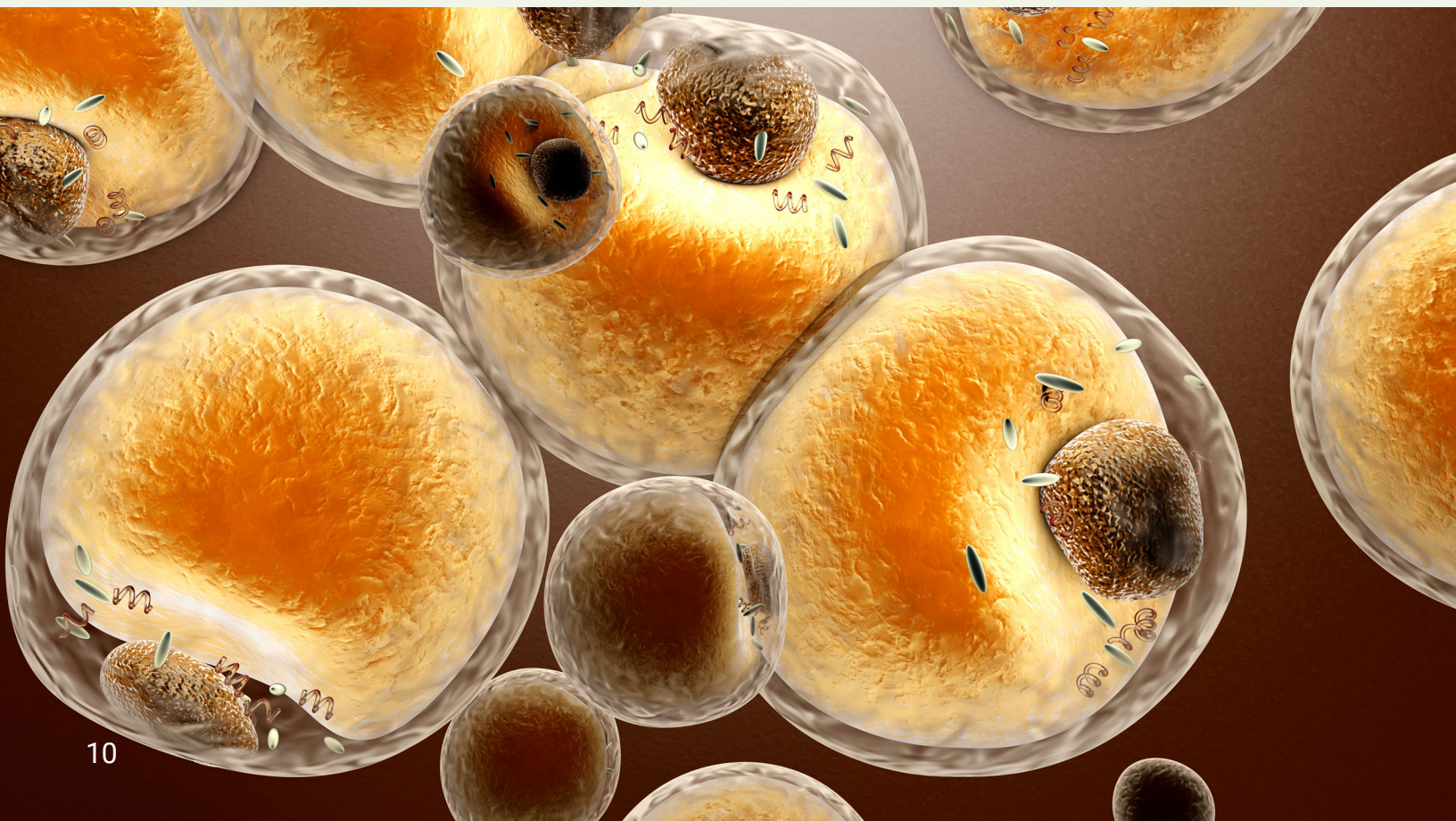
You could say that leptin sets your “fat thermostat.” Normally, leptin regulates energy balance and helps prevent you from accumulating excess fat while also stimulating appetite when you are starving. The more fat cells you have, the more leptin you make, and high leptin levels send signals to the hypothalamus in your brain that tell you to stop eating and start moving.

The endocrine system becomes overloaded when too much leptin is produced too quickly, and as a result, your brain cells become resistant to it and ignore its signaling. This resets your fat thermostat to allow your body to quickly accumulate more fat. It happens most commonly when your diet is high in unhealthy fats and sugary carbs (including artificial sweeteners). This causes your body to generate inflammation, which is another trigger for leptin resistance. Soon, your lipid levels increase and you start to have trouble getting a good night’s sleep, which are two more risk factors for leptin resistance. Finally, leptin resistance can lead to insulin resistance and trouble regulating blood sugar.

LEPTIN RESISTANCE IS NOT OUR FRIEND

Can you see how all of this snowballs together to short circuit your fat thermostat and lead to obesity? It's so much easier to gain weight than it is to lose, because once your fat thermostat gets reset to a higher body fat, your body fights to keep all of that excess fat, and your fat cells produce inflammatory chemicals to keep the vicious cycle of leptin resistance going. The changes at the cellular level even lead to epigenetic changes, "silencing" genes via methylation that would normally help you lose the weight.

One of the most effective ways to reach – and keep – your goal weight is to overcome leptin resistance by incorporating intermittent fasting into Phase One (the accelerated weight loss phase) of Fat Flush. Intermittent fasting temporarily brings down high leptin levels, reduces leptin resistance and also reduces insulin levels and insulin resistance.



Radical Metabolizer to the Rescue



ORDER NOW

Your stalled metabolism is a sure sign that leptin resistance is sabotaging your weight loss. I recommend adding [Radical Metabolizer](#) to your Fat Flush supplement regimen for faster fat loss. My [Radical Metabolizer](#) was specially formulated to help with leptin balance, and also helps curb those irresistible carb cravings. Along with raspberry ketones, which work together with fasting to reset your metabolism, it contains Forskolin, from a plant in the mint family, which is an essential ally in the fight to overcome leptin resistance and burn fat quickly.

Because of the epigenetic changes that happen when your fat thermostat is overloaded, intermittent fasting two or three days per week combined with the [Radical Metabolizer](#) and [Fat Flush Plan](#) will give you the best results over the short and long term. Fad diets and health boot camps can't give you the same results, and more extreme fasting regimens tax your adrenals, which slows metabolism and causes more insulin resistance – and weight loss resistance – over time.

A GENTLE, YET EFFECTIVE FORM OF FASTING

When you want to add some extra oomph to your Fat Flush and jumpstart your weight loss all the way down to the cellular level, try this gentler form of fasting. Let's look at how it fits into the plan to give you the best results.

When people first hear the term, all they hear is "fasting" and the first question is "Do I have to go 24 hours without food?" No, absolutely not! During the intermittent fasting days, you simply fit all of your normal daily food and smoothies into a smaller 10-hour time frame.

Read on to discover how intermittent fasting can make you feel and look like your best self ever. ***Intermittent fasting can be simple, effective and fast...***

HERE'S THE PROTOCOL:

- Select 2 or 3 days per week for intermittent fasting. On these days, you will restrict your “eating window” to 10 hours or less. I suggest choosing consecutive days, perhaps during the weekends. This form of intermittent fasting allows you to eat all the nutrient-rich foods from the Fat Flush plan without the drastic reduction in calories that other plans rely on. For example, eat only between the hours of 8:00am through 6:00pm, Friday, Saturday & Sunday
- You can choose the 10 hours that fit the best with your schedule for your eating window, but I recommend following your body’s natural circadian rhythm for the best weight loss results. This is when your hormones are in harmony and metabolically speaking, everything runs like clockwork. You have “clock genes” in nearly all of the tissues and organs in your body that synchronize their metabolic activity based on your master clock’s (Circadian) rhythm. To get in tune with your body’s internal biological rhythm, your eating window ideally should start at 8am and end at 6pm. This sets the perfect timing for optimal increased metabolic activity and:
 - Superior blood sugar balance and glucose tolerance
 - Increased thermogenesis, which boosts fat-burning metabolism while protecting lean muscle mass
 - Balanced cortisol levels, which result in better stress tolerance and less anxiety
 - Increased energy
 - Enhanced concentration
 - Decreased risk for heart disease, high blood pressure, high cholesterol, and diabetes
- While you’re following my [Fat Flush Plan](#), I recommend continuing clear liquids like cran-water (8 ounces unsweetened pure cranberry juice in 56 ounces plain filtered water) and herbal teas like dandelion or fennel during the fasting time. I’ve found it’s still effective for fat loss and the amount of liquids required would be difficult to consume in a shorter period of time. And of course, medications and supplements should be taken on your normal schedule.

#2: COFFEE

LOVE YOUR COFFEE & MELT 3X MORE FAT

It may sound strange, but a good quality coffee can help you maintain your lean muscle mass while revving up your fat-burning metabolism to lose weight.

Believe it or not, America's most beloved beverage is actually a superfood— not a supervillain! Coffee got a bad reputation from a few studies done prior to the 1950s that showed it caused diseases, but these studies didn't take into account other lifestyle factors like smoking and drinking in the study participants. Since then, more than 19,000 studies have been done on coffee, and we have now discovered that it is rich in antioxidants and polyphenols, and has anti-inflammatory, antibacterial, anti-obesity and diuretic properties. In fact, recent [studies](#) have shown that drinking up to two cups of coffee per day, without sugar or milk, actually enhances immune function by balancing the body's inflammatory response.

FAT FIGHTER

I feel so strongly about coffee as a superfood that I've transitioned it from its former status as a "legal cheat" to a featured fat fighter in this new Ultra Fast Fat Flush Guide. Simply start your day with my new coffee infused Ultra Fast Breakfast Blaster (see Recipes section) to supercharge your Fat Flush.

THE SKINNY ON COFFEE

Coffee has a secret weapon—chlorogenic acid, which is its most abundant polyphenol. It stimulates weight loss through several mechanisms, which come together in an ingenious way to stimulate your metabolism and melt the extra pounds off:

- ✓ Chlorogenic acid, or CGA, is thermogenic, so it instructs your body's fat cells to burn their fatty acids for fuel. The mechanism it uses to accomplish this is the same one the statin drugs use to lower your cholesterol, only without all the side effects.
- ✓ CGA cuts your cravings and suppresses your appetite so you eat fewer calories.
- ✓ It activates the liver to produce more bile and increases your fat-burning metabolism.
- ✓ CGA helps the liver process fats and glucose more efficiently, lowering triglyceride levels and stabilizing blood sugars.
- ✓ Its effect on blood sugar balancing decreases the risk of metabolic syndrome and diabetes.
- ✓ The potent antioxidant effects of CGA inhibit the growth of new fat cells.
- ✓ CGA works together with the caffeine in coffee to reduce belly fat by increasing the number of fat cells that are opened up and burned for energy.
- ✓ CGA also ramps up fat burning while you're sleeping – a [Norwegian study](#) reported that women who drank high-CGA coffee dropped three times more weight than women who consumed lower CGA brews.

Chlorogenic Acid isn't just for weight loss. This powerful antioxidant free radical scavenger has received a lot of attention in recent years due to its many positive health effects, and more are being discovered daily as the [research](#) pours in:

- ▶ Promotes weight loss and reduces appetite
- ▶ Fights free radicals with strong antioxidant properties
- ▶ Recovers and regenerates kidney tissue
- ▶ Binds opioid receptors in the brain and is neuroprotective
- ▶ Lowers the risk of certain cancers, including breast and colon
- ▶ Protects DNA, fats, and proteins from oxidative damage
- ▶ Protects against cellular and tissue injury from ischemia and loss of blood supply
- ▶ Protects the liver from damage
- ▶ Slows progress of chronic hepatitis
- ▶ Protects the intestines from oxidative injury
- ▶ Lowers cholesterol and triglycerides
- ▶ Lowers blood pressure
- ▶ Possesses antiviral, antibacterial, and antifungal properties
- ▶ Fights insomnia and helps you fall asleep faster



BREW YOUR WAY TO A BETTER METABOLISM

Chlorogenic acid levels depend on where coffee beans originate and how they're roasted. Coffee grown in high altitudes and extreme temperature changes produce the most polyphenols, so choose an antioxidant rich variety. Also, avoid a dark roast. Once beans are roasted beyond medium, they've lost 75 percent of their fat-blasting polyphenols like CGA.

Add this ONE Super Supplement for Even Faster Weight Loss

By itself, coffee raises your basal metabolic rate and signals your body to burn more fat. But, when you take my **Weight Loss Formula** anytime during the same day you drink your coffee, they work synergistically to supercharge your weight loss efforts!



I was thrilled when Dr. Atkins personally let me in on a secret for lasting weight loss success that he used at his world-renowned Atkins Clinic. L-carnitine tartrate was his best-kept weight loss secret, and I combined it with choline, another well-known fat burner, to work synergistically in my Weight Loss Formula to produce rapid fat loss. This combination by itself is great news—but, when you add the caffeine from coffee, it revs up your fat-burning metabolism and magnifies the already powerful effects of these two nutrients to lose even more fat and melt more cellulite than you would with just coffee or the supplement alone. Isn't this amazing?

All you need to take your weight loss to the next level is to start your day with the Ultra Fast Breakfast Blaster and take my **Weight Loss Formula** three times per day, as directed on the label.

ORDER NOW

DON'T CUT CORNERS ON YOUR COFFEE

There's no doubt coffee is a moneymaker. As the second most highly traded commodity in the world (after oil), this cash crop is a multi-billion dollar industry. As a result, we see corners cut and toxic chemicals used to maximize production, often at a risk to your health. Mycotoxins from mold, strong chemicals and pesticides are the main culprits lurking in your latte.

Cutting corners in coffee production starts with how coffee is grown and stored. Higher temperatures and moisture in the environment combined with lack of airflow leads to mold growth. Once coffee is picked, it's fermented to remove the stringy, starchy coating surrounding the beans. If left too long or not ventilated properly, this process also leads to mold formation.

[Studies](#) have shown up to half of all coffees tested contain Ochratoxin A and other neurotoxic mold chemicals. And one [study](#) showed almost 100 percent of human blood samples contained enough Ochratoxin A to cause immunosuppression. Although studies show that roasting the green coffee beans kills the mold responsible, these mycotoxins remain. And be warned—in countries where standards exist for safe levels of mycotoxins, they will “dump” their coffee beans by selling to other countries who don't have these standards for coffee—including the US—and these mycotoxic beans end up in your cuppa joe. ***Here's how to enjoy your coffee and get all the health benefits...***

HERE'S THE PROTOCOL:

- Enjoy up to two cups of coffee daily either on its own or in your Ultra Fast Breakfast Blaster (see Recipe section). For those of you that love coffee, this is a game changer! The only brand of coffee I recommend is [Purity Coffee](#), for their commitment to producing the cleanest and healthiest coffee on the planet. [Purity Coffee](#) contains the highest level of antioxidants of any coffee beans available today. It's not just organic, but is also available in a decaf option, is laboratory tested and found to be up to 10 times higher in antioxidants than other coffees, and free of molds, pesticides, and mycotoxins.
- If you love your coffee but the caffeine doesn't love you, I recommend you try the [Purity Coffee - Decaf](#) which has the same amount of chlorogenic acid as the regular.

THYROID ISSUES?

If you have thyroid issues, avoid most commercially processed black, green, or white tea altogether to eliminate the potential for fluoride exposure. Unfortunately, tea is a hyper-accumulator and soaks up contaminants like fluoride like a sponge and can decrease thyroid function and slow your metabolism.

If you are a tea lover, you can check out [Pique Tea](#), which screens for fluoride toxicity.

#3: SUNFLOWER LECITHIN

SUNFLOWER LECITHIN MELTS FAT FROM YOUR HIPS, WAIST & THIGHS

You have to eat fat to lose fat – and there’s one special fat that works better than the rest to help you quickly shed unwanted pounds and melt away lumpy cellulite – in as little as three days!

When my [Fat Flush](#) plan first came out, it quickly became a New York Times Bestseller, in no small part because of how controversial, but extraordinarily successful it was. Telling people that eating healthy, essential fats was vitally important to lasting weight loss went against conventional dietary guidelines, well-respected institutions like Harvard, and even my former employer, Nathan Pritikin. Low fat diets were all the rage, and my advice to not only lose weight but maintain optimal health with a diet rich in healthy fats was frankly scandalous for the time – but it works, and it paved the way for the fat-focused plans you see today.

EAT FAT TO LOSE WEIGHT

You don't need to bombard your body with a heavy fat diet like so many of the plans that have gained fame since my pioneering [Fat Flush](#) program became so successful. In fact, I caution against keto and other extreme diets because of the stress such an out-of-balance plan can place on the body. Eating fat to lose fat is simply about choosing the right fats in moderation to nourish your body at the cellular level, and support the health of your liver. And liver health is vitally important because it is the superstar of fat metabolism.

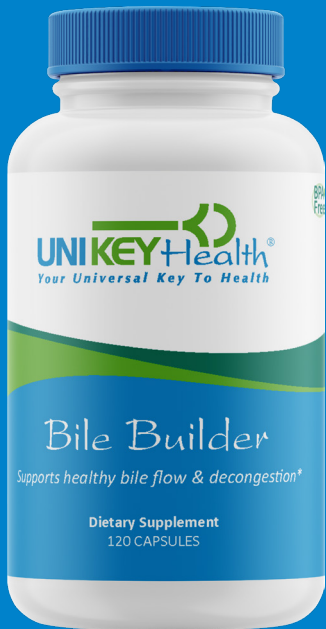
YOUR LIVER LOVES HEALTHY FATS

Your liver is intimately involved in the entire process of fat metabolism and its health can make or break your weight loss goals. To understand this, we need to take a closer look at how it all works, and it starts with bile.

[Bile](#) is made in the liver and stored in the gallbladder. Its main job is to break down fats for digestion. Once those fats are broken down and toxins are released from them, the bile binds those toxins to eliminate them from your body through the bowel. But when you become constipated, even temporarily, your body recycles this [bile](#) because it's such a precious commodity, like "liquid gold."

Once this toxin-loaded bile cycles back to the liver, the liver shuttles the toxins off to be stored in your fat cells and the remaining bile is used again to bind toxins for elimination. But as this cycle keeps happening, the normally thin, free-flowing bile becomes thicker with toxins and can't move as easily. This creates a vicious cycle of liver congestion and slows down the whole detoxification process – and your fat metabolism. Your fat cells continue to fill up with toxins, swelling with fluid in an attempt to dilute them, which results in fat gain, water weight gain ("false fat"), and lumpy cellulite.

You can break this vicious cycle of weight gain and toxic overload with one key fat – lecithin.



Boost bile production and healthy bile flow... with or without a gallbladder!

[ORDER NOW](#)

Its critical role in digestion and detoxification is often overlooked, but bile is something you truly can't live without! Produced by your liver, this thick fluid is sent through tiny ducts to your gallbladder where its stored until it's needed. Its primary job is to breakdown fats into particles small enough for your digestive system to process. When there's fat to digest, the gallbladder contracts, sending bile into the small intestine where its work begins.

If you're one of the millions of adults without a gallbladder, your bile flow is no longer regulated. Without controlled release of bile, your body isn't able to absorb critical fat soluble vitamins or essential fatty acids. Over time, this can lead to a number of health concerns.

Another important role that bile plays is in helping the liver flush out toxins. But, in order for this to happen, it has to be thin enough to flow efficiently through the bile ducts. The

consistency of your bile is directly related to the quantity of toxins you can eliminate. Thick, congested bile can clog bile ducts and stop the detox process in its tracks. When toxins are stuck in your intestinal tract, they are reabsorbed, which can take a toll on organs and joints.

Bile Builder contains 6 key nutrients: choline, taurine, beet root, pancreatic lipase, ox bile and collinsonia root come together for an optimum bile support supplement and work synergistically to help your body produce, thin out and move bile efficiently for optimum gallbladder and liver support!* Additionally, **Bile Builder** is an unbelievably effective, lubricator and natural laxative.

To ensure your body is producing a healthy bile flow, all you need is 1-2 capsules of **Bile Builder**, taken with each meal, as directed on the label.

THE MISSING METABOLIC SWITCH

Lecithin is most abundant in foods like egg yolks, soy and sunflower oil and is a rich source of choline – a nutrient your liver thrives on. In fact, choline is classified as an essential nutrient, which means we can't manufacture it and need to get it through our diet. Without enough choline, we can develop fatty liver, cirrhosis, arterial plaque, high blood pressure, memory and mood issues, and stubborn weight gain.

The magic of lecithin (and choline) is in its metabolic effects on fat cells. Choline emulsifies fats, acting like a soap and breaking them down – both in the liver and in the blood. This ensures that fats are transported throughout the body to be used for energy, rather than being stored as excess body fat and cholesterol. The phosphatidylcholine in lecithin makes sure that fat and cholesterol don't accumulate in the liver, and this is where the weight loss magic happens.

Once the liver is properly handling fats, the [bile](#) becomes thin again and less toxic, fat cells are able to safely detox and bind to bile to be eliminated, and the vicious cycle that leads to weight gain and cellulite is stopped in its tracks. Once choline is at optimal levels, fat and cellulite rapidly melt away. Not only has lecithin been shown to double fat loss without side effects in [studies](#), but it also has been shown to reduce fatigue and menopausal symptoms in women.

HERE'S THE PROTOCOL:

- So how can you use lecithin to accelerate Fat Flush results? Start with a good quality sunflower lecithin, in liquid, powder or granules (I prefer granules), and add a tablespoon to your favorite morning smoothie or the Ultra Fast Breakfast Blaster. Breakfast is the ideal time to boost your metabolism and brain power with this essential fat.
- Always start your day off with at least 20 grams of protein. Smoothies are an ideal way to incorporate protein first thing in the morning: Start with a scoop of your favorite [Fat Flush Whey Protein](#) or vegan [Body Protein](#), add a tablespoon of sunflower lecithin, a pinch of your favorite fat flushing spices, then top off with clean, organic [Purity Coffee](#), blend and drink for a quick and satisfying power-packed first meal of the day.



#4: APPLE CIDER VINEGAR

ADD APPLE CIDER VINEGAR AND KICK CRAVINGS TO THE CURB

Even the best weight loss efforts can fail when cravings are keeping you up at night. I've already armed you with an arsenal of weight loss weapons in my [Fat Flush Kit](#) to ensure you successfully lose the weight and keep it off, while regaining energy and curbing even the worst of the carb cravings. And with all the new research that's out about this tried-and-true weight loss warrior and its effects on digestion, metabolism, and appetite, I am even more convinced than ever that apple cider vinegar is a must have tool to add to your daily weight loss and detox efforts.

AN EASY WAY TO AVOID TEMPTATION

When temptation strikes and your favorite sweets are staring you down, turn to apple cider vinegar for quick relief. The more of this tangy liquid you can sneak into your diet, the fewer sweets you'll crave. Apple cider vinegar contains acetic acid, which works to slow the speed that carbs are broken down and released into the bloodstream. This helps stabilize blood sugar levels and keep cravings at bay while curbing your appetite.

Researchers at the University of Arizona in Tucson found that people who sipped apple cider vinegar 30 to 60 minutes before a carb-rich meal consumed up to 275 calories fewer than normal the rest of the day.

But that isn't all it can do. Apple cider vinegar is in the class of flavors known as bitters, and these pack a powerfully healthy punch for digestion and weight loss.

Bitter foods and drinks set off a healing and detoxifying chain reaction that:

Gets your digestive juices flowing – saliva, pepsin, gastrin, and pancreatic enzymes – for better digestion and absorption of nutrients

- Optimizes stomach acid levels and relieves acid reflux
- Stimulates your liver to produce more bile
- Promotes better, thinner bile flow
- Feeds “skinny bugs” and reduces the population of “bad bugs” by balancing intestinal pH
- Suppresses sugar cravings
- Regulates appetite
- Relieves constipation
- Boosts thyroid function
- Supports immune function
- Flushes toxins
- Boosts your fat-burning metabolism

All of these are key components of losing weight and getting healthy, but it's the effects on the liver and bile production that are the most important for your fat metabolism.



THE APPLE CIDER VINEGAR AND BILE CONNECTION

Your liver makes bile, which helps you break down and digest fats. Once bile has done this important job, it travels through your digestive system and gives your immune system a boost by activating the T cells there. As it travels, bile also binds toxins and escorts them out of your body to relieve your body of its toxic burden. But, if your bile is thick and congested or you're not making enough, then it can't do these important jobs and you start experiencing symptoms that range from bloating to fatigue, insomnia, constipation, and a weakened resistance to viruses and other pathogens.

Bile is the forgotten switch. Once you get it flowing again, your entire metabolism comes back into balance. You not only lose weight, but all of the metabolic issues your body is facing begin to right themselves and the T cells of your immune system can come back online. Remember, you can boost bile production and healthy bile flow, with or without a gallbladder, using our exclusive formula, [Bile Builder](#).

APPLE CIDER VINEGAR AND FATTY LIVER DISEASE

If you are part of the 25 percent of the adult population who has Non-Alcoholic Fatty Liver Disease (NAFLD), then bitters like apple cider vinegar (and coffee) may need a little extra support to get you – and your liver – skinny again.

When you are diagnosed with NAFLD, it means your liver has stopped processing fat and started storing it. *A fatty liver is a toxic liver.* Without enough bile, your liver can't process all the toxins it encounters and it becomes toxic. It shuttles the excess toxins off to be stored in your fat cells, causing these cells to swell with inflammation and bringing your fat burning to a screeching halt. To make matters worse, these toxins also promote cellulite by increasing body fat and reducing collagen formation. You can increase fat burn with the following steps:

HERE'S THE PROTOCOL:

- Go Bitter. Two teaspoons of apple cider vinegar in eight ounces of water 5-10 minutes before meals is a great way to get the healing cascade started that leads to better bile flow. Once bile is flowing better, your liver will flush out accumulated toxins and fats to be eliminated. This thwarts the progression of NAFLD and helps get your liver back on track.
- Use apple cider vinegar in all recipes that call for other types of vinegar like wine vinegar, balsamic vinegar, or rice vinegar. Use for dressings, mayonnaise, and dips.
- Replace lemon and lime flavors in recipes with apple cider vinegar when cooking.

DAY ONE MEAL PLAN

Here's a sample day-one meal plan to get you started with the 4 new accelerators in Phase 1 of the *New Fat Flush Plan*. Visit fatflush.com for hundreds more, delicious, Fat Flush-friendly recipe options for breakfast, lunch, dinner and even snacks to keep you on track with the program.

WHEN YOU WAKE

Start your day with 8 ounces of **Fat Flush Lemon Water**.

(8 oz. of hot water with juice of 1/2 lemon)

BREAKFAST

2 tsp. Apple Cider Vinegar in 8 oz. of water 5-10 minutes before breakfast.

For breakfast, try my special **Ultra Fast Breakfast Blaster smoothie** (recipe on page 31) which incorporates 2 of the new accelerators, coffee plus the benefits of healthy fat in the sunflower lecithin.

SNACK

For an early, satisfying snack, try 10 large cherries or a Granny Smith apple.

LUNCH

2 tsp. Apple Cider Vinegar in 8 oz. of water 5-10 minutes before lunch.

Build the **Ultimate Fat Flush Salad** using the easy-to-follow instructions on pages 32-33 which incorporates the Apple Cider Vinegar accelerator in the dressing recipes (featured on page 34) in an easy and delicious way. For an added boost, top your salad with 4-6 oz. of your favorite lean protein.

SNACK

For an later snack, try a hard boiled egg with a dash of dried mustard, or mashed avocado with a squeeze of lemon.

DINNER

2 tsp. Apple Cider Vinegar in 8 oz. of water 5-10 minutes before dinner.

For dinner, enjoy my savory **Cider Turkey with Mushrooms** recipe (located on page 35) for a tangy and satisfying dinner that is sure to be one of your favorites.

ULTRA FAST FAT FLUSH

RECIPES

The beauty of these four Ultra Fast Fat Flush Accelerators is that many of the Fat Flush smoothies taste delicious with a tablespoon of slightly nutty sunflower lecithin added, and many recipes already use apple cider vinegar in their ingredients.

I've specially created the new **Ultra Fast Breakfast Blaster**, which I know you're going to love, for a deliciously satisfying way to incorporate your morning protein with two of the Ultra Fat Flush Accelerators – coffee and sunflower lecithin.

Here are a few quick-and-easy recipes to get you started with creative ways to incorporate the Fat Flush Accelerators into your daily meal plans.

ULTRA FAST BREAKFAST BLASTER “COFFEE SMOOTHIE”

Ingredients:

- 2 cups brewed organic [Purity coffee](#)
- 1 scoop [Fat Flush Whey Protein](#)
- 1 tablespoon sunflower lecithin
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon
- Pinch of cayenne
- 1 teaspoon Lakanto Monkfruit sweetener (if desired)

Directions:

Add all ingredients to blender and blend thoroughly.

BERRIES WITH SWEET MOCHA SAUCE



Ingredients:

- 3 cups of your favorite fresh berries (strawberries, blueberries, raspberries, black raspberries, etc.)
- 5 tablespoons brewed [Purity coffee](#)
- 1 cup semi-sweet Lily’s chocolate chips
- 1/4 cup coconut milk
- 2 teaspoons butter

Directions:

Mix ingredients in a small saucepan and stir until smooth.

Add this delicious sauce to your favorite berries for a sweet, satisfying treat.

Makes 3-4 servings



HOW TO BUILD THE ULTIMATE FAT FLUSH SALAD

We're constantly coming up with new and innovative ways to make diet mainstays like salads more fun and flavorful. This is the perfect way to easily incorporate apple cider vinegar into your diet in a tasty way.

Whether your salad is a sidekick or the main attraction, dress it up in style and take it with you in a quart sized, wide mouth mason jar for easy greens on the go! Just shake before digging in to mix all of the layers.



Choose your favorites for each of these 4 layers:

- 1. Dress it up** – put your favorite apple cider vinegar-based dressing in first, so it's on the bottom of the jar. My favorite is the Fat Flush Vinaigrette in the recipe below.
- 2. Add the color and crunch** – a thin layer of grated, sliced or shaved carrot, beet, daikon radish, or water chestnuts slowly soaks in the flavors from the dressing while protecting tender greens.
- 3. Bring in the greens** – the star of every salad is the greens, and they should fill the bulk of the jar. Choose any variety of organic, dark leafy greens, like kale, chard, Romaine lettuce, Bibb lettuce, spring mix, spinach, arugula, endive, or escarole. Rinse thoroughly and dry in a salad spinner. Layer them into the jar.
- 4. Top it Off** – my new favorite topping is pea sprouts. These unique microgreens are rich in the histamine fighting enzyme DAO and can fight belly bloat from hidden food sensitivities. Sunflower microgreens, herbs like fennel (another histamine fighter) and dill, a tablespoon of nuts or seeds for crunch, and even sliced artichoke hearts or hearts of palm add wonderful flavor.

FAT FLUSH VINAIGRETTE

Here is one of my favorite ways to use apple cider vinegar in a salad dressing:

Ingredients:

5 tablespoons vegetable or bone broth
1 garlic clove, minced
1 tablespoon apple cider vinegar
1 tablespoon fresh lemon juice
1 tablespoon fresh parsley, chopped
1 teaspoon dried mustard
Dash of sea salt

Directions:

Put all ingredients in a small jar, cover, and shake vigorously until mixed.

CITRUS INFUSED VINAIGRETTE

This dressing pairs wonderfully with bitter greens like dandelion or arugula and it is another great way to use apple cider vinegar.

Ingredients:

2 tablespoons freshly squeezed orange juice
2 tablespoons freshly squeezed lime juice
1 teaspoon orange zest
1 teaspoon lime zest
2 teaspoons apple cider vinegar
2 teaspoons Dijon mustard
2 teaspoons [Flora-Key](#) (from UNI KEY Health)
1/4 cup extra virgin olive oil

Directions:

Whisk all ingredients together and serve.



CIDER TURKEY WITH MUSHROOMS

This quick and zesty entrée is a great pick-me-up on those hurried Fat Flush days, and it incorporates both coffee and apple cider vinegar for the acceleration of fat loss. It is a family favorite.

Ingredients:

- 1 pound skinless turkey, cut into 1-inch cubes
- 2 tablespoons bone broth
- 4 cups mushrooms, sliced
- 1/4 cup red pepper, diced (optional)
- 1/4 cup apple cider vinegar
- 1/8 cup fresh parsley, chopped, for garnish

Directions:

Cook turkey in broth over medium-high heat until the turkey is cooked through. Add mushrooms, red pepper (optional), and vinegar, cooking until soft. Remove from the skillet onto a plate. Garnish with fresh parsley.

SUPPLEMENT ACCELERATORS

I am proud to partner with UNI KEY Health for the cleanest and most effective Fat Flush weight loss supplements on the market.

[Fat Flush Whey Protein](#) – a must-have for your morning Blaster or smoothies, this whey protein powder has 20 grams of easily digestible, non-GMO, A2 whey, and is the perfect protein to support your weight loss.

[Fat Flush Body Protein](#) – pure pea and rice vegan protein that's been tested for heavy metals to ensure a clean 20 grams of protein per serving. An excellent alternative to whey protein for your smoothies.

Fat Flush Kit:

[Weight Loss Formula](#) – this stimulant-free weight loss supplement supports balanced blood sugar, helps curb cravings, optimizes energy production, and helps cleanse the liver. It also contains the crucial coffee synergizers choline and carnitine to supercharge your Faster Fat Flush weight loss.

GLA-90 – features the essential fatty acid gamma linolenic acid (GLA), which naturally stimulates brown fat to burn 3 times more calories than surface white fat cells, which optimizes your fat burning pathways, while relieving inflammation and nourishing skin.

Iron-Free Dieters' Multivitamin and Mineral – it's essential during these pandemic times that we shore up immunity by making sure we aren't deficient in key antioxidant vitamins and minerals. It contains the 25 key vitamins and minerals for your body's daily needs especially designed for detox.

Radical Metabolizer – helps balance leptin levels, curb cravings, and kickstart your sluggish metabolism

Flora-Key – a probiotic blend that not only supports healthy immunity, but eases digestive discomfort, balances beneficial bacteria in the body's microbiome, and adds a tangy sweetness to your favorite Fat Flush recipes.

Apple Cider Vinegar – Organic Apple Cider Vinegar (bragg.com)

Sunflower Lecithin – Sunflower Lecithin Powder (Organic) - Micro Ingredients

Purity Coffee