Find many great new & used options and get the best deals for Ann Louise Gittleman's Eat Fat, Lose Weight Cookbook by Claudia Krevat, Ann Louise Gittleman and Ann Castro (2001, Trade Paperback) at the best online prices at eBay! Free shipping for many products. The robust flavors and heady aromas of the recipes included in this groundbreaking book will delight the palate and put the pleasure back into healthy eating. Product Identifiers. Publisher: "Ann Louise Gittleman has been a leading innovator in the field of integrative medicine for decades. Her books bring cutting-edge research to health consumers in an easy-to-understand form. She was one of the first to warn of the dangers of our infatuation with low-carb diets, and now science has validated her message." Â “From Fat Flush to detox, Ann Louise Gittleman is a trailblazer whose impeccable, groundbreaking research and knowledge paved the path for nutritionists today. As she has for the past few decades, Gittleman continues to inspire, motivate, and challenge me today.” â€”JJ Virgin, Celebrity Nutritionist and Author of The Sugar Impact Diet. Ann Louise Gittleman, N.D., C.N.S., America's First Lady of Nutrition, is one of the most respected and dynamic nutritionists in America today. Her books have sold nearly three million copies worldwide. They include Beyond Pritikin; Before the Change; Eat Fat, Lose Weight Your Body Knows Best; Get the Sugar Out; and The Living Beauty Detox Program. Ann Castro is a Las Vegas-based freelance writer and editor. Claudia Galofre Krevat is a chef who has been cooking and writing about food for more than 10 years. - Kindle edition by Gittleman, Ann Louise. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Eat Fat, Lose Weight: How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health.. I'm now trying to get my body to adapt to eating the good fats and hoping that I will now lose weight.. Before all of this, I could only gain weight. I was eventually on what the dietitian told me was a starvation diet from following what all of the doctor's told me to do. They said eat less and exercise more, every time I complained about weight gain. I exercised so much that I had to sleep from exhaustion. I decreased my food until there was hardly anything on the plate. "(Ann Louise Gittleman's) rundown of the therapeutic and culinary benefits of her favorite 25 cooking herbs makes a perfect introduction to her popular nutritional philosophy."--Natural Health Magazine. The Fat Flush Cookbook contains more than 200 recipes using fat-flushing foods and featuring the thermogenic herbs and spices—including ginger, cayenne, mustard, anise, fennel, and cinnamon—introduced in the popular diet program The Fat Flush Plan. This indispensable cookbook can be used as either a standalone volume or a companion book. This tasty, heart-smart volume includes: