

RADICAL METABOLISM

**A POWERFUL NEW PLAN
TO BLAST FAT AND
REIGNITE YOUR ENERGY
IN JUST 21 DAYS**

ANN LOUISE GITTLEMAN, PhD, CNS

New York Times bestselling author of *The New Fat Flush Plan*

Radical Metabolism: A Powerful New Plan to Blast Fat and Reignite Your Energy in Just 21 Days

Ann Louise Gittleman

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Trailblazer and award-winning *New York Times* bestselling author of the New Fat Flush series, Ann Louise Gittleman, Ph.D., C.N.S. once again revolutionizes diet and detox. Going beyond ketogenic and paleo-style diets, *Radical Metabolism* reveals a key digestive glitch that can derail fat burning, resulting in metabolic slowdown and fattening toxin overload. This "thyroid cure" promises to kick start and maintain weight loss for those with an over-40 metabolism.

Radical Metabolism connects the dots in a completely new way. Its innovative approach combines time-tested principals with cutting edge cellular science to not only achieve a healthy weight but also resolve numerous health challenges including autoimmunity, gallbladder issues, and type II diabetes.

The plan consists of a 4-day Radical Intensive cleanse designed to rest your digestive tract, detoxify your body, and get your mitochondria (cellular engines) primed, followed by a 21-Day Radical Reboot and maintenance plan where you will learn which fats and proteins to eat to for the most radical bang for your buck.

Fully loaded with 28 days of menu plans, 50 sumptuous recipes, supplement recommendations, and an extensive resource section. *Radical Metabolism* gives you the tools you need to say goodbye to belly fat for good. You'll learn:

20 big fat lies that fly in the face of current nutritional wisdom Why some people can't lose weight on ketogenic and Paleo type diets The "forbidden fat" you should never stop eating The type of body fat you want more of to help shed those extra pounds The powerful health-promoting, fat-busting, mood-lifting properties of coffee Fabulous foods to kick start your metabolism, reboot your gallbladder (even if you don't have one), and heal and seal your gut Shocking toxins lurking in some of the foods you love--such as bone broth, chocolate, and green tea--that can trick your body into storing extra fat What's not included? Hunger, low energy, deprivation, tasteless food, and rebound weight gain. If you are tired of no-go diets that leave you feeling exhausted and discouraged, then this book is for you. In just 21 days, *Radical Metabolism* will give you the tools you need to outsmart your sluggish metabolism once and for all--and transform your body and your overall health.

Radical Metabolism: A Powerful New Plan to Blast Fat and Reignite Your Energy in Just 21 Days Details

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