

What Has Dr. Shook Been Reading?

The Fat Flush Plan

By Ann Louise Gittleman, M.S., C.N.S.

While vacationing in California, Keith and I took our fat, old, aching bodies to visit a colleague/classmate/girlfriend of mine for some much needed chiropractic care. Dr. Lew recommended *The Fat Flush Plan* for both of us.

The cover reads “*THE BREAKTHROUGH WEIGHT-LOSS SYSTEM THAT: Melts fat from hips, waist, and thighs in just two weeks and reshapes your body while detoxifying your system*”

I thought to myself, what a gimmicky title, it sounds like an early morning infomercial. However, Ann Louise Gittleman is a nutritionist that I highly respect; I frequently recommend her books, all of which contain sound nutritional advice.

We both read the book.

The Fat Flush Plan is unlike many diet books that emphasize reduced calorie, fat and carbohydrate consumption. Gittleman’s program uses food, a few nutritional supplements and very moderate exercise to support liver function, urinary tract health, balance hormones, identify food sensitivities and improve health.

The plan has three phases; Phase 1 and 2, removes toxins and foods that distract the liver from the task of managing the body’s fat and gives the liver a well deserved rest. Phase 3 is a life style eating plan and allows for almost anything in moderation. Gittleman has an explanation and a clinical study to back up each food, supplement and exercise recommendation. Straying away from the “Fat Flushing Foods” is strongly discouraged at least until the “Fat Flusher” has reached their weight and wellness goal and moved on to Phase 3.

Keith and I started Phase 1 of our Fat Flush in early August.

Ann Louise Gittleman writes for the meat eating woman so I was able to closely follow her Fat Flush Plan. Keith, being a vegetarian man, noticed right away that the nutritional needs of men were only briefly discussed and vegetarians were basically ignored.

We filled our refrigerator with colorful vegetables and fruits. We drank unsweetened cranberry juice and water. Lean protein was served with each meal. We gave up caffeine, sugar, alcohol, most grains, dairy products and starchy vegetables. Keith initially had a problem with low energy and cravings, but that subsided when we added a whey protein drink, extra tofu and nuts to his diet.

This all would have been very difficult if it had not been accompanied by the promised drop in weight and melting of fat from our hips, waist and thighs and, as a special bonus, our energy levels skyrocketed.

We’ve moved on to Phase 2 where we are permitted a few extra “friendly carbohydrates”. At 10 weeks of Fat Flushing Keith has dropped 44lbs and I have dropped 27lbs.

There is plenty to eat on the Fat Flush Plan, this eating plan is strict and some days are difficult (pizza fantasies). Then again, if maintaining a healthy weight and lifestyle were easy obesity, heart disease, diabetes and a laundry list of other diseases would not be epidemic in the United States.

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