

DO IT & DIET

New Diet Plan Designed To Flush Out Fat

(NAPSA)—According to one new diet plan, losing weight can be as easy as 1-2-3.

That's because the plan uses three phases to get both immediate and long-term results.

According to Ann Louise Gittleman, M.S., C.N.S., author of the *Fat Flush Plan* (Contemporary Books, \$21.95), the first two-week phase of the diet helps you lose weight and feel better.

"In two short weeks, you'll be lighter, and your body and mind will be healthier and more fit," said Gittleman.

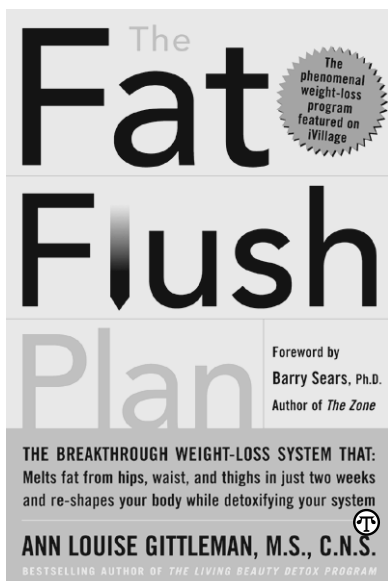
During the first two weeks, the diet is comprised of essential fats, balanced proteins and quality carbohydrates. It's designed as a two-week jump start for the metabolism, using easy meal plans and a balanced diet low in sugars and sodium—which can work well for diabetics.

Phase Two is a long-term plan which aids in adjusting the body to its new state. Phase Three is a lifetime plan to help dieters stay fit permanently.

According to iVillage.Com, more than 7,000 visitors to the site tried the diet and reported success in keeping weight off.

Much of the diet's success may be attributed to two ingredients—cranberries and flax oil.

"A recent study published in the November 19 issue of *Journal of Agricultural and Food Chemistry*, determined that cranberries are not only high in disease-fighting phenols, which reduce the risk of chronic diseases, but they fight



A new diet doesn't stop at "flushing out the fat." It can also improve the way people feel.

heart attacks and have the highest antioxidant levels of any fruit," said Gittleman, author of 16 books on health and nutrition and Diet Guru of the Month on iVillage.Com. "Flax oil is high in omega-3 fatty acids, helps to lower cholesterol and makes your heart healthy."

Dieters have found that the diet also improves circulation, increases energy, stabilizes mood swings, induces sound sleep, improves skin texture, makes nails stronger and helps to lessen depression and anxiety.

Gittleman's book is endorsed by and has a foreword written by Barry Sears of the "Zone" diet.