

Copyright © 2004 by Ann Louise Gittleman. All rights reserved. Printed in the United States of America. Except as permitted under the United States Copyright Act of 1976, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a data base or retrieval system, without prior written permission of the publisher.

18 19 20 21 22 23 24 25 26 DOC/DOC 1 5 4 3 2 1

ISBN 0-07-144068-2

This book is for educational purposes. It is not intended as a substitute for medical advice. Please consult a qualified health care professional for individual health and medical advice. Neither McGraw-Hill nor the author shall have any responsibility for any adverse effects arising directly or indirectly as a result of the information provided in this book.

Throughout this book, trademarked names are used. Rather than put a trademark symbol after every occurrence of a trademarked name, we use names in an editorial fashion only and to the benefit of the trademark owner, with no intention of infringement of the trademark. Where such designations appear in this book, they have been printed with initial capitals.

McGraw-Hill books are available at special discounts to use as premiums and sales promotions, or for use in corporate training programs. For more information, please write to the Director of Special Sales, Professional Publishing, McGraw-Hill, Two Penn Plaza, New York, NY 10121-2298. Or contact your local bookstore.

Library of Congress Cataloging-in-Publication Data

Gittleman, Ann Louise.

The fat flush foods : the world's best foods, seasonings, and supplements to flush the fat from every body / Ann Louise Gittleman.

p. cm.

Includes bibliographical references.

ISBN 0-07-144068-2 (pbk. : alk. paper)

1. Reducing diets. 2. Functional foods. I. Title.

RM222.2.G53725 2004

613.2'5—dc22

2004001376