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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*

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Metabolism: Nourish Your
Gut, Harmonize Your
Hormones, and Blast Fat
with the 21-Day
Gallbladder Reboot (pdf)
Ann Louise Gittleman**

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Synopsis book

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NATIONAL BESTSELLER

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*

The New York Times bestselling author (Fat Flush series, Before the Change) is back with a new program that shares the key to a host of issues, including thyroid and autoimmune, with a practical plan for health, vibrancy, and longevity. Gut health, thyroid disorders, and autoimmune disease have all come to fore as serious health conditions that are little understood by many health professionals. Cutting-edge health pioneer Ann Louise Gittleman unlocks the secret connection to all these disorders--offering a new lifestyle and eating plan that makes you feel better. Bonus? You'll rev your metabolism and lose weight. Due to the modern Western diet and lifestyle, a large percentage of the population unknowingly suffers from bile insufficiency--meaning, their bile has become thick, sludgy and congested. A healthy gut produces an abundance of thin, freely flowing bile every day, and it must be released at the appropriate times, in appropriate amounts. In Radical Metabolism, Gittleman

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Description

The New York Times bestselling author (Fat Flush series, Before the Change) is back with a new program that shares the key to a host of issues, including thyroid and autoimmune, with a practical plan for health, vibrancy, and longevity. Gut health, thyroid disorders, and autoimmune disease have all come to fore as serious health conditions that are little understood by many health professionals. Cutting-edge health pioneer Ann Louise Gittleman unlocks the secret connection to all these disorders--offering a new lifestyle and eating plan that makes you feel better. Bonus? You'll rev your metabolism and lose weight. Due to the modern Western diet and lifestyle, a large percentage of the population unknowingly suffers from bile insufficiency--meaning, their bile has become thick, sludgy and congested. A healthy gut produces an abundance of thin, freely flowing bile every day, and it must be released at the appropriate times, in appropriate amounts. In Radical Metabolism, Gittleman

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