



**EAT FAT AND LOSS WEIGHT DIET
COOKBOOK: Recipes to Help you Reset
Metabolism, Stress, Hunger, Sex Hormones, Fight
Aging and Loss Weight permanently.**

Betty Moore

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NOTE: This book is authored by Betty Moore, a geriatric neurologist and dementia specialist specializing in weight loss and healthy dieting an advocate and as a supplement to the award winning New York Times best-selling author, Ann Louise Gittleman, Eat Fat Lose Weight: How Smart Fats Reset Metabolism, Stress, Hunger and Sex Hormones for Lasting Weight Loss and Radiant Health.

Eat Fat Lose Weight diet cookbook has brought together do-able and delicious Smart Fat recipes for complete weight loss and wellness. This cookbook expands on Gittleman research and makes the solutions even easier and more complete with the emergence of all the latest Smart Fats like omega-7, pine nut oil and hemp seed oil, as well as the Smart Fat staples—coconut, GLA, fish, flax, cream and butter.

Ann Louise Gittleman has been a lone voice for decades now advocating the return of Smart Fats to the diet even when fat was demonized for the past 30 years by mainstream doctors, nutritionists and dieticians. For years of thorough research and experience with thousands of clients from A-list celebrities to everyday men and women, Ann Louise Gittleman has discovered that the hormones which govern metabolism, hunger, stress and sex are the most overlooked and underrated culprits that can block even the most disciplined weight loss efforts.

This cookbook will automatically make you to become intimately familiar with ALL the Smart Fats that deserve a prominent place at breakfast, lunch and dinner. Most importantly, recipes that will help you in your quest to prevention or management of depression, diabetes, heart disease, chronic fatigue, allergies, arthritis, psoriasis, eczema and low thyroid.

This book is a great sit-down read, as well as a beginner's guide to the Eat Fat Lose Weight: How Smart Fats Reset Metabolism, Stress, Hunger and Sex Hormones for Lasting Weight Loss and Radiant Health. This book contains other "hacks" as described in Ann Louise Gittleman "EAT FAT LOSS WEIGHT", which will make you feel really transform. I personally assure you that you will feel your best (beautiful, happier, and lose weight) eating THE SMART FAT DIET. I have recommended this type of diet to my patients and many have testified that the feel brighter, happier and have lost weight, without feeling hungry or unsatisfied.

Once you've tasted how delicious the SMART diet is, it will be easy to keep making the right choices each

day that will pave the way for a health and vibrant lifestyle.

.....SO WHAT ARE YOU WAITING FOR? Get into your kitchen and take control of your health...

Scroll up now and get your EAT FAT LOSS WEIGHT diet cookbook, and make absolute sure you keep to the plan to achieve result.

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