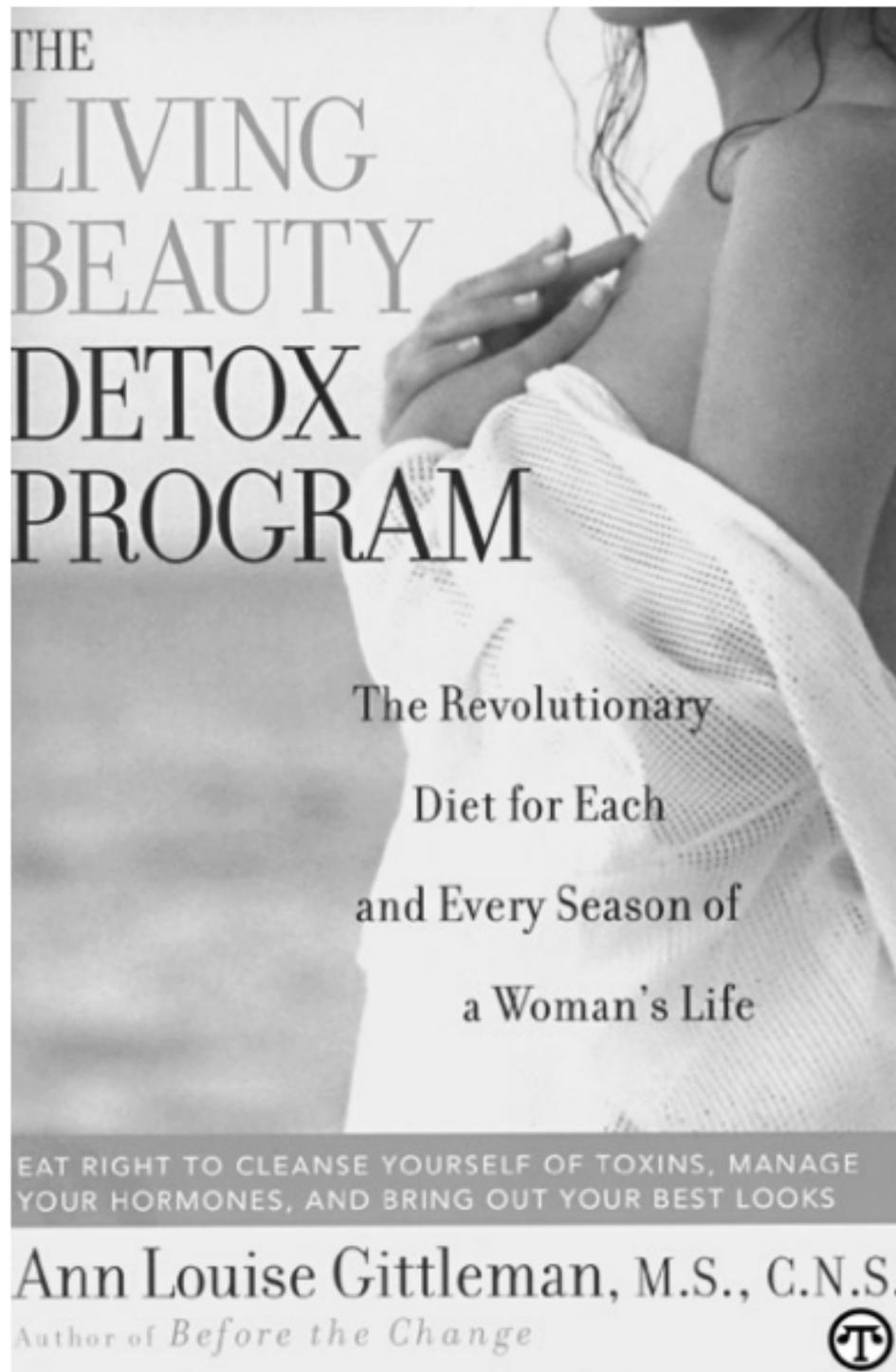


DO IT & DIET

Balanced Nutrition

(NAPS)—In her new book, *The Living Beauty Detox Program: The Revolutionary Diet for Each and Every Season of a Woman's Life* (HarperSanFrancisco, \$13), author Ann Louise Gittleman reveals all and shares diet and nutritional techniques for looking good and feeling good.



A new book helps women of all ages determine their “seasonal type” to look and feel their best.

This respected nutritionist has developed a diet that combines the latest science with natural healing practices. Gittleman shows how to eat right, cleanse yourself of toxins, and manage your hormones to bring out your best looks.

One of the highlights of *The Living Beauty Detox* is the remarkable **Fat Flush Diet**. In only two weeks, following this diet begins to clear away the many beauty-dulling toxins that accumulate in the body's fat stores. The results are dramatic: radiant hair, skin, and nails; more energy than you ever thought you'd have; and, of course, the extra pounds disappear.

The Living Beauty Detox Program is available at local bookstores nationwide.