

DO IT & DIET

Delicious Food For A Diet

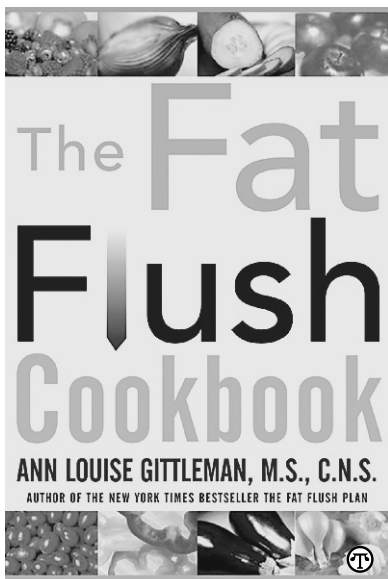
(NAPSA)—More than just looks could be at stake for someone who's overweight. Obesity has been linked to several diseases and higher medical costs. In fact, according to the Centers for Disease Control, a national health objective is to reduce the prevalence of obesity among adults to less than 15 percent by 2010.

Studies show losing weight has a number of health benefits. Being overweight can lead to diabetes, heart disease, high blood pressure, stroke or gout.

Being overweight is also expensive. Research has shown that obesity accounts for \$51.6 billion in direct costs such as physician services and hospital care. The indirect costs of obesity, including lost workdays and restricted activity, are as much as \$47.6 billion a year. Economists estimate that 58.5 million workdays were lost because of illness linked to obesity, at a cost to employers of \$5.7 billion. Two-thirds of doctor's visits in a recent year were for obese women.

Low-carbohydrate diets have gotten a lot of attention lately. One such diet, the Fat Flush plan created by nutritionist Ann Louise Gittleman, Ph.D., C.N.S., has helped millions of men and women across the country lose weight and keep it off. Her book *The Fat Flush Plan* was the number-one best-selling new diet book in 2002.

Now Dr. Gittleman has written a cookbook with more than 200 delicious recipes for meals that flush away fat and cleanse the



A new diet cookbook helps you make low-carb meals you'll think highly of.

body of toxins. *The Fat Flush Cookbook* (McGraw-Hill, \$19.95) includes time-saving one-dish meals, packable lunches, easy and delicious snacks and seemingly "sinful" but Fat Flush-legal desserts. Many of the recipes include flavor-enhancing natural weight-loss aids, culinary herbs and spices such as cayenne, mustard, cinnamon, cloves, ginger, turmeric and more. The book also offers new research findings explaining how and why the plan works.

For more information or to order the cookbook or Dr. Gittleman's other books, go to www.fatflush.com.