Beyond Pritikin: A Total Nutrition Program for Rapid Weight Loss, Longevity, & Good Health by Ann Louise Gittleman (1996, Paperback) is the book that introduced the original version of the 2-week Fat Flush. This book is a must-read for anyone looking to adopt a healthier lifestyle. It is written by Ann Louise Gittleman, a certified nutrition specialist with a Ph.D. in holistic nutrition, and is based on her previous studies with cutting edge dietary discoveries.

The Fat Flush Plan was introduced in her 1988 book Beyond Pritikin, after seeing her clients struggle with the very low fat Pritikin Diet. The diet is designed to cleanse the liver and help in weight loss. The book has 10 ratings and 0 reviews on LibraryThing.

Building on the original revolutionary Pritikin diet (low fat/high complex carbohydrates), this landmark work incorporates findings on the most important dietary factors. Beyond Pritikin introduces a new dietary model using healthful essential fats and lower carbohydrate intake, which is a complete lifestyle solution.

Beyond Pritikin: A Total Nutrition Program for Rapid Weight Loss, Longevity, & Good Health is the book that introduced the original two-week Fat Flush. The plan was used with all of her personal clients including A-list celebrities. It was introduced in her first book, Beyond Pritikin. The theory behind the diet is that the liver is a fat-burning furnace and avoiding an untimely death. It is a must-read for anyone looking to adopt a healthier lifestyle.