

# **Ann Louise Gittleman's Eat Fat, Lose Weight Cookbook**

**By Ann Louise Gittleman**

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Ann Louise Gittleman is an American nutritionist, author, columnist, and public speaker. She is the author of thirty books on various aspects of health and healing

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Ann Louise Gittleman, M.S., C.N.S., (Bozeman, MT) is a nationally acclaimed nutritionist and author. The former nutritional director at the Pritikin Longevity Center

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