

The Rotation Diet Revised And Updated Edition

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This new, updated, and revised edition of The Rotation Diet offers a scientifically proven maintenance plan that requires only small changes to establish a permanently healthier lifestyle. There are tasty new recipes and menus based on the recently published USDA and HHS dietary guidelines, and numerous examples show how people who have changed their lives achieved success as they built weight-management confidence."

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The Rotation Diet Book was first originally published back in 1986 by Martin Kathan, and since then the book has been edited and revised. You can find this book on Amazon for around \$15.00 with shipping.

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The Rotation Diet is designed to raise metabolism by alternating low and moderate caloric intake for faster weight loss. The Rotation Diet is designed to raise metabolism by alternating low and moderate caloric intake for faster weight loss. [What to Eat on a Rotation Diet | Livestrong.com](#)

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The Rotation Diet's unique and simple plan varies the daily calorie intake over a three-week period, leading to an average weight loss of 13 pounds. Users who have a great deal of weight to lose may drop up to a pound per day in week one. When The Rotation Diet was first published, m

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The Rotation Diet (Revised and Updated Edition) by Martin Katahn ISBN 13: 9780393341317 ISBN 10: 0393341313 Paperback; W. W. Norton & Company; ISBN-13: 978-0393341317

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But aside from that, here are my best tips on how to follow a rotation diet... Start with a 3-4 day rotation. When introducing foods and playing with food intolerances, the gold standard is 3-4 days to gauge a reaction and give your system time to process it. Of course, that varies from person to person, but 3-4 days is a good starting point.

[How To Follow A Rotation Diet For Healing The Gut & Food ...](#)

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