

## The Rotation Diet Revised And Updated Edition

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*?The Rotation Diet (Revised and Updated) on Apple Books*

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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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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