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Martin Katahn, PhD, and Terri Katahn

# Rotation Diet Cookbook A Lifetime Of Good Eating And Staying Slim

Lon H. Seiger, James L. Hesson

## **Rotation Diet Cookbook A Lifetime Of Good Eating And Staying Slim:**

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public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin's iconic Doomsday Clock stimulates solutions for a safer world The Rotation Diet Martin Katahn, 2011-12-20 Presents a low calorie diet designed for quick safe and permanent weight loss providing a simple eating plan that varies and rotates caloric intake on a day to day basis The Rotation Diet Martin Katahn, 1987 Anyone with a weight problem can lose up to a pound a day and never gain it back with Martin Katahn's fabulous and famous Rotation Diet It's simple it's safe it's fast it lasts and it's a bestseller To keep rotating Bantam also offers Maintaining the Rotation Diet audio cassette in a mixed book cassette floor display Each display contains 30 books and 6 cassettes and each book cassette display is net priced A 36 copy Rotation Diet books only floor display is available at standard Ingram discount Rotation Diet Cookbook Martin Katahn, Terri Katahn, 1988 **Food Rotation Diet** Bruce Ackerberg, 2023-11-22 The food rotation diet is based on the principle of following regulated consumption of a variety of food nutrients whereby the body is made to wait for a few days to ensure its thorough absorption It also gives enough time for your body to get used to any allergic reaction or intolerance and in time heal yourself through a slow process of developing antibodies to counter such reactions Incidentally rotation diet was initially introduced as a weight loss diet because of the elimination of fat build up through proper diet However because of the ability of the rotation diet to detect hidden allergies to certain foods being taken by the individual and its capability of healing allergic reactions through food rotations and temporary elimination problem foods from your diet rotation diet has since been primarily used by individuals experiencing such ailments to heal themselves through its beneficial effects However rotation diet is not a guick fix diet plan to reduce your weight or remove your allergic reactions and food intolerances instantly Once you are decided to go on a rotation diet you have to prepare yourself for lifetime meal planning activities which as explained in the later chapter of this book will actually reward you with numerous benefits and healthy advantages to include your whole family as well Finally you don't have to be 100% thorough in implementing your corresponding meal plan and you can mess up from time to time What is important is that you religiously stick to your rotation diet despite such imperfections and focus instead on your progress and on the actual results of your diet Table of Contents Introduction Rotation Diet 101 Rotation Diet Principles Going on a Rotation Diet Tips to Successfully Maintaining a Rotation Diet Steps to Success Rotation Diet Rotation Diet Meal Plan Conclusion

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