



The Rotation Diet (Revised and Updated Edition)

By Martin Katahn Ph.D.

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The Rotation Diet (Revised and Updated Edition) By Martin Katahn Ph.D.

Lose those unwanted pounds and keep them off once and for all with an easy three-week diet.

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, more than seventy thousand Nashvillians went on the diet and weighed in weekly at supermarkets. The results showed that the city became almost a million pounds lighter. 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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Editorial Review

From Publishers Weekly

Is there need for another diet book on your shelf? Decidedly yes in the case of Katahn's new plan. Director of the Vanderbilt University Weight Management Program, author of *The 200 Calorie Solution* and *Beyond Diet*, and a dieter himself, he provides here a simple, sensible approach to controlling weight on a long-term basis. Men and women vary the number of calories they consume during a three-week period (the rotation for women is 600/900/1200 calories; for men, 1200/1500/1800); after three weeks and presumably a hearty weight loss, the dieter takes a breather and is allowed to return to "normal" eating habits. The premise at work here is that diets fail because people get tired of dieting and because metabolism gradually slows after the body maintains a strict diet. To control eating during the maintenance phase, Katahn makes a number of helpful suggestions (i.e., exercise, drink plenty of water and avoid artificially sweetened drinks) and includes some not-so-exciting recipes. 100,000 first printing; first serial to Self; BOMC alternate; author tour. Copyright 1986 Reed Business Information, Inc.

About the Author

Martin Katahn, PhD, is professor of psychology emeritus at Vanderbilt University. He was the director of the Vanderbilt University Weight Management Program. He has maintained a weight loss of 75 pounds for more than forty years. His #1 best-selling books include *The Rotation Diet*, *The T-Factor Diet*, and *The Low-Fat Supermarket Shopper's Guide* (with Jamie Pope). He lives in Nashville, Tennessee.

Users Review

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Leticia Brewster:

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James Fong:

The actual book The Rotation Diet (Revised and Updated Edition) has a lot of knowledge on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research previous to write this book. That book very easy to read you can find the point easily after reading this article book.

Steven Burley:

The Rotation Diet (Revised and Updated Edition) can be one of your beginner books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to set every word into enjoyment arrangement in writing The Rotation Diet (Revised and Updated Edition) although doesn't forget the main level, giving the reader the hottest along with based confirm resource data that maybe you can be one among it. This great information may drawn you into brand new stage of crucial imagining.

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