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

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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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success as they built weight-management confidence.

The Rotation Diet (Revised and Updated): Katahn Ph.D ...

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9780393341317 - The Rotation Diet (Revised and Updated ...

But aside from that, here are my best tips on

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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.

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