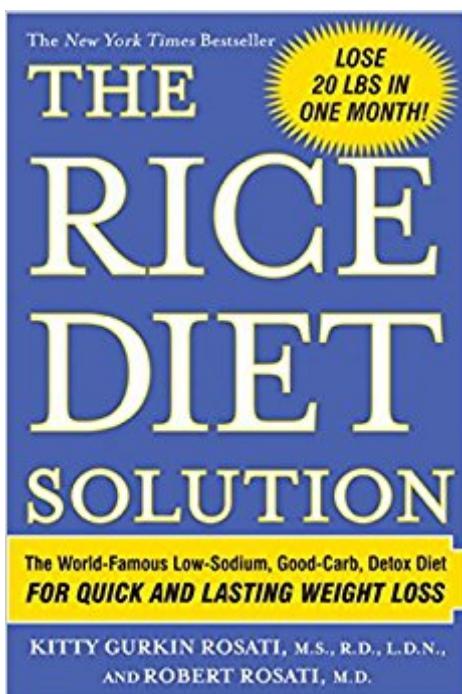


The book was found

The Rice Diet Solution: The World-Famous Low-Sodium, Good-Carb, Detox Diet For Quick And Lasting Weight Loss



Synopsis

The New York Times bestseller. Before Atkins, before the low-carb craze, before counting calories, there was the Rice Diet Program. Founded by a pioneering Duke University physician in 1939, the Rice Diet Program has been helping dieters lose weight quickly, successfully, and permanently. Now, this world-renowned, medicallyapproved weight-loss method can help everyone across the world--and not just those who travel to Durham, North Carolina. The Program offers a high-complex-carb, low-fat, and low-sodium diet that sheds excess body fat at an astounding rate. On average, men lost 28 to 30 pounds per month, and women lost 19 to 20 pounds per month. The diet also cleanses the body of water bloat and toxins, and has been seen to help with such chronic health problems as heart disease, diabetes, and hypertension. Included are hundreds of delicious, easy-to-fix recipes.

Book Information

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Customer Reviews

Kitty Gurkin Rosati, M.S., R.D., L.D.N., is a registered dietician who has specialized in the prevention of obesity, heart disease and other chronic diseases. Robert Rosati, M.D., director of the Rice Diet Program, is the associate professor emeritus of medicine at Duke University and is board certified in cardiology and internal medicine.

30 lbs down, feel better then ever, gave up Diet Pepsi, my sodium intake way down... Its the ONLY plan that put me on the right track. I got off track for a while, couldn't find my book ordered another! I

can't say enough about this.

The rice diet solution can save your life. It can do anything from helping you to lose weight, and tons of it, down to being good for your heart, your cholesterol and whatever might ail you. However, unlike other diets, you never feels empty or hungry on the rice diet.

There are lots of diets out there that cost money or that promise fantastic results in very little time. And there's ways of avoiding responsibility for your weight or losing weight by simply having your stomach stapled or some other sort of surgery that will change your life radically whether you like it or not. I've tried many of the diets around since the 1950s. I keep coming back to The Rice Diet. I have all the books on it, including the cook books. Anyone looking for a quick read or some kneejerk rationalizing by a nonprofessional in the weight loss field really needs to go elsewhere. For me, this is a superb book written from a patient, understanding perspective by a diet professional & her M.D. husband. I feel fortunate that I got the book when the rice diet house was still open, because I also ordered & got the complete set of audio CDs on the Rice Diet made by Mrs. Rosati & other diet professionals at the Rice House: Introductory Class; The Basics of the Diet: The Food; The Basics of the Diet: The Food, Part II; Dieta: A Way of Life; Binge Eating I; Binge Eating II. One has to be desperate to do the Rice Diet, in my opinion. I'm 70 & remain in excellent health (no prescriptions, no physical ailments), thanks to this book, this way of life. Those looking for an easier, softer way of losing weight will find most that are fast & easy aren't good for your health in the long run. Anyone looking for a book written by professional writers (I'm a professional writer, so know the difference) should look elsewhere. I look for honesty, clarity, & facts in books, not hip-slick-and-cool writing style, in a book that will teach me what I need to know to safely lose weight & correct any health issues. What you eat determines your weight & your physical condition, but try to convince the people who only want to eat what they like, not what is good for their bodies. The Rice Diet program presented in this book will work for you if you will follow the clear directions in it. It will not work for you if you "know better" & change it to fit your palate. If you know so much, how come you are looking for a diet book? I'm so pleased to see this wonderful book still in print & still available through , where I get all my books.

Excellent, so helps to get u out of the processed food jungle and on a path to eating well. I modified their plan to fit my life not just my diet.

I would love to buy a copy of this book and give it to every one I know who struggles with health issues. Our society is apparently digging its own grave with a fork. This book offers a gentle, non-condescending alternative. If one is reluctant to give up eating animal products, there is no preaching to do so herein, just some suggestions to think about it. This is basically a how-to book on eating healthfully - what that means, how it works, how to set this goal for yourself, and how to follow through. It offers firsthand accounts of participants who have found an answer to their problems with failing health and/or overweight issues, a suggested eating plan, resources for information and contact with other people to build up a support system. It is NOT a book about living on rice, lol. It is a book that gets you to think about what you put in your mouth.

I'm enjoying this book. I am going to go on the Rice Diet and this book is excellent reference for the diet!

Through the years I have looked at many different diets as have many other people I know without great results. This one seems to be a better fit than any I have seen so far and is a doable solution even with all the traveling I do. No diet is going to be easy and takes commitment on my part. This one I just might be able to make some progress. Thanks for a great book.

Easy to follow! Great recipes!

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