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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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