



The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off

By Krista Varady

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"The Every-Other-Day Diet is the perfect diet for me."

That's the satisfied declaration of a dieter who lost 41 pounds on the Every-Other-Day Diet. (And kept it off!) You too can expect dramatic results with this revolutionary approach to weight loss that is incredibly simple, easy, and effective. Created by Dr. Krista Varady, an associate professor of nutrition at the University of Illinois, the Every-Other-Day Diet will change the way you think of dieting forever. Among its many benefits:

It's science-tested, science-proven. Dr. Varady has conducted many scientific studies on the Every-Other-Day Diet, involving hundreds of people, with consistently positive results published in top medical journals such as the American Journal of Clinical Nutrition and Obesity. Unlike most other diets, the Every-Other-Day Diet is proven to work.

It's remarkably simple-and effective. On Diet Day, you limit calories. On Feast Day, you eat anything you want and as much as you want. You alternate Diet Day and Feast Day. And you lose weight, steadily and reliably.

There's no constant deprivation. The Every-Other-Day Diet doesn't involve day after day of dietary deprivation--because you can still indulge every-other day.

It's easy to keep the weight off. With other diets, you lose weight only to regain it, the frustrating fate of most dieters. But The Every-Other-Day Diet includes the Every-Other-Day Success Plan--an approach to weight maintenance proven to work in a study sponsored by the National Institutes of Health.

This book offers all of the research, strategies, tips, and tools you need to believe in the Every-Other-Day Diet and easily implement it in your life. It also includes more than 80 quick and delicious recipes for Diet Day, as well as a list of tasty prepared foods that make meals as easy as 1-2-3.

The Every-Other-Day Diet is perfect for anyone who wants to shed pounds and feel great, without hunger and defeat.

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Editorial Review

Review

"**Dr. Varady has done extensive research to prove you can quickly and safely lose weight**-anywhere from 5 to 50 pounds, and more-[...and] **her research shows you can keep it off**. That's my kind of diet!?"-**Hyla Cass, MD, author of 8 Weeks to Vibrant Health**

"Finally, amidst the sea of baseless fad diet books lining bookstore shelves, **you have a weight loss guide formulated from rigorous scientific research and sound evidence....** I plan to use this diet plan with my patients!"?-**Janet Bond Brill, PhD, RDN, nationally recognized nutritionist and author of three books on cardiovascular disease prevention**

"Dr. Varady's rigorous studies of alternate-day fasting have established its powerful ability to promote weight loss. ***The Every-Other-Day Diet* is an authoritative description of how and why alternate-day fasting is beneficial**, providing guidelines and practical advice for incorporating intermittent fasting into one's weekly routine."?-**Mark Mattson, PhD, chief of the Laboratory of Neurosciences at the National Institute on Aging, professor of neuroscience, Johns Hopkins University**

About the Author

Krista Varady, PhD, is an associate professor of nutrition at the University of Illinois and the world's leading researcher into alternate-day fasting. She has published more than 30 papers on the topic in prestigious journals such as *The American Journal of Nutrition and Obesity*, and she has discussed her breakthrough findings with consumer magazines, such as *Elle* and *Men's Health*.

Bill Gottlieb, CHC, is the bestselling author of 11 health books and a Certified Health Coach. He is a former editor-in-chief of Rodale Books and Prevention Magazine Health Books, and has written for *Cosmopolitan*, *Reader's Digest*, *Men's Health*, *Runner's World*, *Self*, and many other publications

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Phyllis Peters:

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Donna Gamble:

Reading a reserve tends to be new life style in this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Having book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. Lots of author can inspire their own reader with their story as well as their experience. Not only situation that share in the publications. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors in this world always try to improve their skill in writing, they also doing some analysis before they write to their book. One of them is this The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off.

Sherry Nicholson:

The reason why? Because this The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off is an unordinary book that the inside of the publication waiting for you to snap it but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content within easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking technique. So , still want to hold up having that book? If I were being you I will go to the publication store hurriedly.

John Coffin:

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