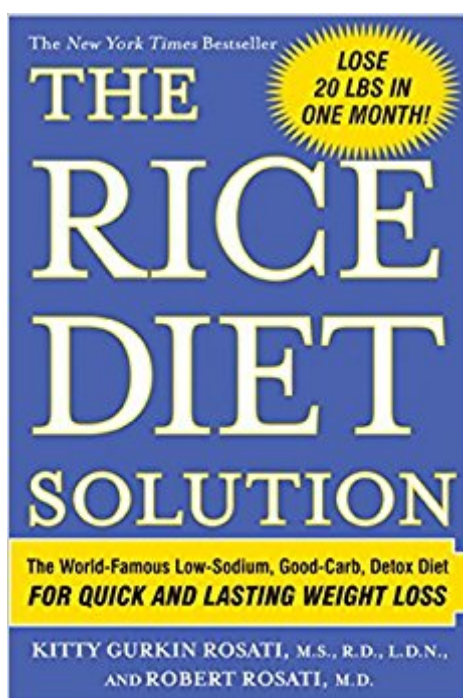


The book was found

# 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, medically approved 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

Paperback: 368 pages

Publisher: Berkley; Reprint edition (December 26, 2006)

Language: English

ISBN-10: 0425214664

ISBN-13: 978-0425214664

Product Dimensions: 6.1 x 0.9 x 9.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 125 customer reviews

Best Sellers Rank: #147,115 in Books (See Top 100 in Books) #43 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains](#) #196 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #459 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## 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

cant 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!

[Download to continue reading...](#)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) The Rice Diet Solution: The World-Famous Low-Sodium, Good-Carb, Detox Diet For Quick and Lasting Weight Loss Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low

Carb Cookbook, Eat Fat, Ketogenic Diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Rice Mastery: 65 Most Delicious, healthy & gluten free Rice Recipes (Rice Cookbook, Rice Appetizers, Rice Desserts, Rice Lunch, Rice Drinks, Leftover Rice Recipes etc) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)