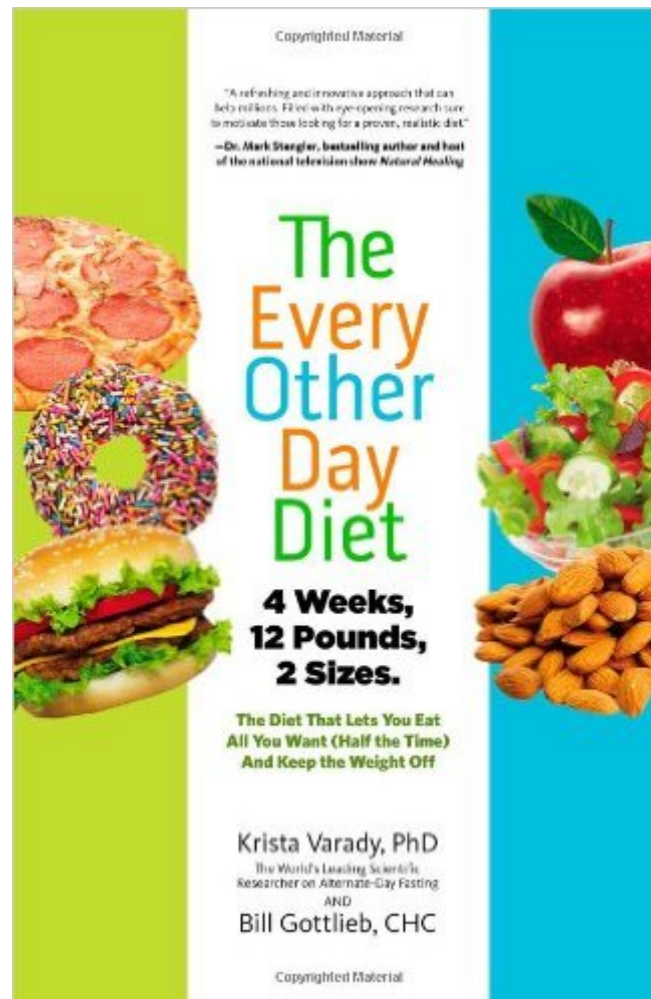


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# The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half The Time) And Keep The Weight Off



## Synopsis

"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.

## Book Information

Hardcover: 256 pages

Publisher: Hachette Books; 1 edition (December 24, 2013)

Language: English

ISBN-10: 1401324932

ISBN-13: 978-1401324933

Product Dimensions: 6.5 x 1 x 9.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (297 customer reviews)

Best Sellers Rank: #16,326 in Books (See Top 100 in Books) #85 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #192 in [Books > Health, Fitness & Dieting > Diets & Weight](#)

## Customer Reviews

It is very rare to be able to say that someone whom I've never met has changed my life. Thank you Dr Varady. I had never experienced a weight problem until I reached my late 40's. Throughout my 50's I kept slowly gaining weight until I had to face the fact that I was no longer 126lbs but pushing 159lbs! I knew that without a plan I would continue to gain weight, so I joined Jenny Craig and it took almost a year but I did finally lose the weight and got back to 128lbs. That was a difficult year because I was hungry all the time and couldn't wait for the next snack. If I met my husband at a restaurant I would watch him eat anything he wanted while I would move my glass of water to block my view of his food and then eat my frozen dinner at home. As it turned out, reaching my goal, although difficult, was only half the problem - maintaining it afterwards was even harder because now I was going to have to be counting and weighing and measuring everything I ate if I wanted to eat outside the "box". I also found out after being tested for food allergies that I was highly allergic to tomatoes, peas and walnuts which is in most of the Jenny Craig frozen dinners and was the cause of my year long jaw and neck pain. When I stopped eating the frozen foods with these ingredients my pain disappeared within two days. But without Jenny Craig I gained my weight back to 151lbs and realized that whether I liked it or not, I was going to have to write everything I ate down and start doing the work of counting those calories every day, every meal, for the rest of my life! It was so depressing but it was going to be my New Years resolution for 2014. Luckily in Dec 2013 I saw Dr Varady on "CBS This Morning" talking about this book and her research.

My husband and I have been using this for about 3 months, have each lost about 30 pounds and feel like we have found the magic bullet. We are in our 50s, both struggled with life long weight problems and now have found something that works for us and we can stay with. Yes, the near fast days can be a challenge but it's ONE day, and the most amazing and gratifying part is that when tomorrow comes and you can eat freely, more often than not, all those things you thought you HAD to have the day before just aren't that important. We have not been perfect, we went on a 10 day family wedding road trip and we made the conscious decision to take a break from diet, but when we got home we both agreed that we were actually looking forward to a fast day and we got right back on track. Both of us have always struggled with major sugar cravings and this has really moderated that for both of us. Yes we still eat some sweet things but we don't suffer from the intense cravings and most amazingly, we find ourselves willing to get rid of something that isn't

special, case in point, took a box of Twinkies to the office to give away after tasting one and saying to ourselves, eh, not that good. We find we are much more choosy about what we do eat. For those who will start by saying "no way I could fast a whole day", let me point out that if you think you can or you think you can't, you're right. Here's a tip, on your first semi fast day, you might pick a day when you can literally stay in bed all day. Alternatively, get yourself a couple of frozen dinners 250 calories or less and use those to get through the day. My husband and I get up on a fast day, have coffee with 1/2 & 1/2 and then go as long as we can before eating.

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