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"A refreshing and innovative approach that can help millions. I like authors opening doors to new techniques for those looking for a proven, realistic diet."

—Dr. Mark Sanger, bestselling author and host of the national television show *Nature's Healing*

# The Every Other Day Diet

**4 Weeks,  
12 Pounds,  
2 Sizes.**

**The Diet That Lets You Eat  
All You Want (Half the Time)  
And Keep the Weight Off**

**Krista Varady, PhD**

*The World's Leading Scientific  
Researcher on Alternate-Day Fasting*  
AND

**Bill Gottlieb, CHC**

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Krista Varady

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



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"The Every-Other-Day Diet may be the perfect diet plan for me. The Every-Other-Day Diet doesn't involve day after day of nutritional deprivation--because you can still indulge every-other day time. Varady has carried out many scientific studies on the Every-Other-Day Diet plan, involving a huge selection of people, with regularly excellent results published in top medical journals like the American Journal of Clinical Nourishment and Obesity.) You as well can expect dramatic results with this revolutionary method of weight loss that is incredibly simple, easy, and effective. Created by Dr. Krista Varady, an associate professor of diet at the University of Illinois, the Every-Other-Day Diet plan will change the way you think of dieting forever. Among its many benefits:It's science-tested, science-proven. Dr. (And held it off! On Diet Day, you limit calorie consumption.It's remarkably simple-and effective. Unlike most other diets, the Every-Other-Day Diet is proven to work. On Feast Day time, you eat anything you need and as very much as you want. You alternate Diet plan Day and Feast Day. And you lose pounds, steadily and reliably. HOWEVER THE Every-Other-Day Diet plan includes the Every-Other-Day Achievement Plan--an approach to weight maintenance which can work in a report sponsored by the National Institutes of Wellness."That's the satisfied declaration of a dieter who shed 41 pounds on the Every-Other-Day Diet.The Every-Other-Day Diet plan is perfect for anyone who wants to reduce weight and feel great, without hunger and defeat. With other diet plans, you lose weight only to regain it, the irritating fate of all dieters.There's no constant deprivation.This book offers all of the research, strategies, tips, and tools you should have confidence in the Every-Other-Day Diet and easily implement it in your life. It also includes a lot more than 80 quick and delicious dishes for Diet Day, in addition to a list of tasty prepared foods that make foods as easy as 1-2-3.You can keep the weight off.



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Loving it so far. When I stopped eating the frozen foods with these ingredients my pain disappeared within two days. I started out at 142lb. I am a 48 12 months old woman and am 5'4". The crazy thing can be when tomorrow comes, I often don't also want the food I was craving. Varady says it becomes easier. She was right. Maarten with my children, and enjoyed delicious meals and cocktails each day. I no more dread days past, and I also no longer wake up on feast times deliriously content because I could eat what I'd like. This is because it is becoming routine, which is what I longed for. As another person mentioned within their review, I was a little taken aback at the notion of the junk food angle, but on reflection, I wonder if that was a tactic to motivate more people to try the dietary plan. 75 inches overall (waist, chest, arms, thighs, no reduction in calves yet) (in 5 weeks) April 18 - 23 pounds lost But without Jenny Craig I gained my weight back to 151 pounds and was obtaining depressed that whether I liked it or not I was going to It is extremely rare in order to say that someone whom I've hardly ever met has changed my entire life. I experienced hoped to get to 125lb, and I know easily put my brain to it, I possibly could, but I've been dieting on Monday, Wednesday and Friday for a long time, and discover I'm very comfortable with that. It really is definitely hard in the beginning, but it definitely gets easier in fact it is SO worth it. I eat normally, or also less than that. I do enable myself to involve some chocolate on those days, but besides that I probably eat fewer calories than I utilized to because I'm just not that hungry any longer. Breakfast (egg white omelet with a little cheese and one glass of V8 usually keeps me complete until at least 2pm. My strategy is to continue my keto diet plan on my feast days and then perform my EOD Diet plan the other days. 6 pounds down (I started on Mar. I still don't love diet times, but I can very easily tolerate them. I'm hoping to get right down to 130lb by spring. I like the food options that are recommended in the quality recipes that are basic and food that is easily available! I did so gain 5lb while I was aside, but went straight back to the dietary plan when I returned, and lost it within 10 days. It really is easy and simple diet I've done. Bottom line, I'm very happy with this diet up to now. I really wish I can stay on it long term since it is sensible and knowing I can possess something yummy no longer than a day away is an excellent motivator:) Revise. And I need not create anything down or have to know exactly how many calories I simply ate at that cafe! My weight loss hasn't been huge as far as the number on the scale can be involved, but my clothes match me SO far better. I had never experienced a weight issue until I reached my past due 40's. But this dream proved helpful for me and by July 12th I am back again to 125lbs and have been conveniently maintaining it for 11 weeks. I'm a size 6-8, and my clothes fit well, and I cannot ask for a lot more than that. I'm today just doing Monday, Wednesday and Friday, and acquiring the weekends off. I am finding it just about effortless. I think it simply clicked with me, but it took many types of diets to get to this point. I hope to get right down to 125 by mid July when I go on vacation, of which point I will move to maintenance. I promised myself when I got eventually to 130 I'd start exercising more often and I am walking 5 miles a day, 5 days weekly. I despise the fitness center, so walking the dog, carrying out laps at the track and running up and down the bleachers is it for me. I'd urge anyone who tries the EODD, never to quit until they have stuck religiously to at least 3 weeks. Feast times are not really feast days for me. I don't ever need to look at a food that I really like and say, "I desire I possibly could have that". I COULD possess that - tomorrow:))) Update It's today been a year and a half, and I'm still with it. I've were able to keep my excess weight at a steady 130, despite taking time off the dietary plan for vacations and additional special occasions. On diet plan days I've fantasized about Burger King's poultry strips and fries, however when I wake up on feast times, it's as if the slate provides been wiped clean and all cravings had been eliminated. Update, I'm now at 130 but still loving this way of dieting. Recently I spent weekly in St. Simply when I thought I was hardly ever going to be able to stick it out, I got my first diet time that was more than just bearable. The wintertime has been so brutal that the inspiration for that hasn't hit me yet, lol. I really believe that now I can live in this manner indefinitely, and that makes me very happy. Such a very simple concept, but so very effective. Great Program... Easy to

follow I simply finished my first fourteen days on this diet plan and I've lost 8 pounds. Nevertheless, when the elements improves I'm looking towards getting back out to the monitor. Because I know I could have whatever I am craving tomorrow, I don't feel deprived. Initially the diet days were very hard and I was very eager to get to the 2 week tag where Dr. My urge for food has decreased significantly. You are feeling better mentally and actually. I'll update again soon.

March 25 - 10. No mid morning food cravings at all. Luckily in Dec 2013 I noticed Dr Varady on "CBS This Morning" talking about this book and her research. 6 pounds lost and 5. I like junk food just as much as anyone else, and would usually allow myself to have it every little while. I am in a position to eat now when I'm starving, and prevent when I'm full. I haven't skipped a diet plan day yet, nor have I been tempted to cheat at all. Throughout my 50's I kept slowly gaining excess weight until I experienced to face the fact that I was no longer 126lbs but pushing 159lbs! I knew that with out a strategy I would continue to gain weight, so I became a member of Jenny Craig and it got almost a calendar year but I did so finally lose the pounds and returned to 128pounds. That was a hard calendar year because I was hungry on a regular basis and couldn't await the next snack. If I met my husband at a restaurant I'd watch him eat anything he desired while I'd move my glass of water to block my watch of his food and then eat my frozen dinner in the home. As it turned out, reaching my objective, although difficult, was only half the problem - maintaining it afterwards was actually harder because today I would need to be counting and weighing and measuring everything I ate if I wanted to eat beyond your "box". I also found out after being tested for meals allergy symptoms that I was extremely allergic to tomatoes, peas and walnuts which can be in most of the Jenny Craig frozen dinners and caused the my year very long jaw and neck pain. I have now completed 10 diet plan days and I'm down 5lb. AWESOME and WORKS! It had been so depressing but it was going to become my New Years resolution for 2014.

3) April 8 - 17. Finally, a plan that meant I only had to count calories and be careful every other day and then I possibly could celebrate my work on the feast time - it sounded wonderful! Hopefully that is a permanent way of living for me. Everyone has their own strategy on the dietary plan day, but for me I found that if I ate my calories prematurely . in your day I wouldn't be able to make it until the next day to consume. Since I had eaten well the day before, skipping breakfast was simple enough and I didn't start to feel starving until around noon. Therefore the only "stength" I acquired to endure generally lasted about 4 hours because easily could wait around until about 4 o'clock to eat I felt had made it and my diet day was essentially over. After 4:00 I would consume a 300 calorie meal (maybe a tuna sandwich) and savor every bite! I also wanted to lose a few more pounds but that has yet to occur til I have more control on feast times. Today, the maintainance program of 1000 calories just 3 days weekly is not nearly as hard seeing that the 1200 calories We ate everyday for almost a calendar year with Jenny Craig because right now I reach enjoy feast days almost every other day therefore i am not perpetually hungry. It works! I'm right now down to 134lb and happier than ever before with this way of dieting. I feel clear of the constant fear at every food that I was eating too much - even though I wasn't! That is why I hope, Dr Varady, that you know that I will continually be grateful to you as well as your book. Thank you so much! I am very excited about the EOD diet and I have already been on it for weekly so no results to report yet! Very helpful ideas to be successful. Extremely encouraging, but a little bit repetitive. I love all of the information on junk food and restaurant choices for lower calorie foods. Several good recipes also! The dietary plan sounds amazingly too great to be true. I am doing it for weekly and I truly feel just like I can be successful at this diet easily. Typical diet book No better than anything else Among the best Books Following to the bible, this is the best publication that I've ever read. The EOD Diet allows me to consume what I want and still lose weight. Actually I could absolutely go longer than that. I over indulged about my feast days. I put the blame in me. It's important to recognize if you are actually starving. Finally a diet that makes sense and that is not so restrictive as every day diets! I QUICKLY would wait another couple of hours and also have my remaining 200 calorie snack - such as

Wholly Guacamole and chips, or Kefir (with Splenda) poured over fruit. I will do this till I'm lifeless. I should add that I haven't done any exercise with this diet yet, other than walking my dog once or twice a day. Perfect diet program for almost anyone! I was interested in preserving my pounds since I'm no more overweight. Look forward to shedding pounds! But without Jenny Craig I obtained my weight back again to 151pounds and understood that whether I enjoyed it or not really, I would have to create everything I ate down and begin doing the work of counting those calories every day, every meal, for the rest of my life! This diet is easy and 100% works! I mix 500 calorie consumption between several different simple foods throughout the day. I can eat at restaurants along with my hubby now and still fit into those size 6 pants! Follow it and your good. It's been a year and I have stayed at 173 consistently and without effort (down from 250). Thank you Dr Varady. I eat healthier foods while concurrently only occasionally taking in the random candy bar. I did add cardio and weight training 3 days a week in week two. Joints experience better and you have significantly more energy. Quality Quality Very informative and a do-able diet plan I like the fact that there surely is science and test that back again up the EOD diet!



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