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# The Rice Diet Solution

*Kitty Gurkin Rosati, Robert Rosati*

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**The Rice Diet Solution** Kitty Gurkin Rosati, Robert Rosati
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, medicallyapproved 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.

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