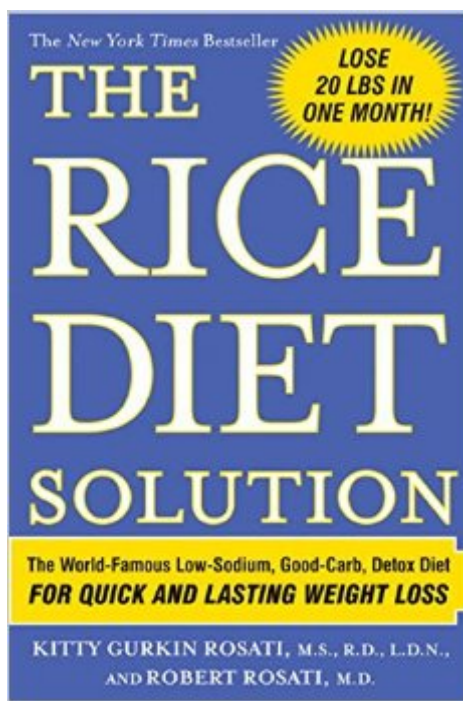


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# The Rice Diet Solution



## 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

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (109 customer reviews)

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## Customer Reviews

The Rice Diet Solution contains everything that I believe would help turn Americans around -- not only in regards to their weight problems, but also their propensities for mental and physical exhaustion. Essentially, this book espouses an Eastern lifestyle: lots of meditation, exercise, breathing exercises, and low sodium, whole grain meals. For example, the authors quote liberally from -- and highly recommend -- Zen Buddhist author Thich Nhat Hanh. On a philosophical level, I would rate the book five stars. But as a cookbook/lifestyle changing work, I'd give it 1 or 2 stars. Here's why: 1. The book is ponderously written, taking forever to make simple points clear. I found

myself reading and reading and reading, wondering when the authors would make their point. Too much background information.2. The recipes listed in the Rice Diet Phases One - Three Weekly Menus are impossible to find in the index -- even the so-called Recipe Index. What they're called in the Weekly Menus, they're not called in the index. Sometimes, not even close. Or at all. Someone should have cross checked to see if there was consistency in recipe names. (Example: I dare anyone to find "Penne Pasta in 'Meat' Sauce" listed on page 185 of the Wednesday Lunch menu in the index in the back of the book.)3. As my wife pointed out, the amount of food created for just one week of this diet would be so unbelievably wasteful as to fly in the face of the Zen Buddhist way of life. For example: Hardly any recipes are repeated throughout the week. So, in effect, you're creating 2-4 new dishes for every single meal, every single day! Let that sink in a minute. Then imagine the grocery bill, as well as the level of waste involved.

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