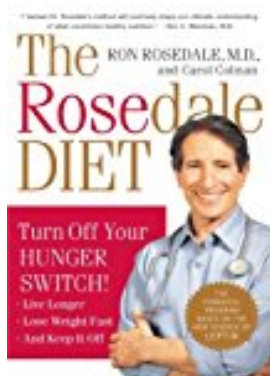


# [PDF] The Rosedale Diet

Carol Colman, Ron, M.D. Rosedale - pdf download free book

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#### Books Details:

Title: The Rosedale Diet  
Author: Carol Colman, Ron, M.D. Rose  
Released: 2005-09-06  
Language:  
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#### Description:

**From Publishers Weekly** As more Americans become obese and are diagnosed with diabetes in record numbers, they continue to seek out new sources of healthy living advice and dieting tips. Those frustrated with South Beach, Atkins and the Zone may find a friend in the Rosedale Diet. Its founder, a nutrition and metabolism expert with a practice in Denver, has developed a diet plan that teaches people how to control leptin, the key hormone that regulates appetite and, say Rosedale and coauthor Colman, your ability to lose weight. They present their plan in two parts, first explaining the concept, and then providing advice for putting it into action. The Rosedale Diet encourages consumption of high-fat foods (good fats, of course—and they're to be eaten unaccompanied by

sugar-forming foods), and doesn't insist that people count calories. Rosedale recommends supplements, too, asking readers to take 2,000 milligrams of glutamine before going to bed at night, and suggesting pregnenolone and phosphatidylserine for some. Even if readers aren't ready to plunge full-force into the Rosedale Diet, they'll benefit from such recipes as Dilled Salmon with Fresh Asparagus; Lobster Tails and Seaweed Salad; and Grilled Beef Fillet with Bell Pepper and Mashed Rutabagas.

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**Review** "I believe that [Dr. Rosedale's] method will positively shape our ultimate understanding of what constitutes healthy nutrition." (Eric C. Westman, M.D., M.H. Sc., Associate Professor, Department of Medicine, Duke University)

"The Rosedale Diet is a must-read for anyone interested in health." (Dr. Joseph Mercola)

"Those frustrated with South Beach, Atkins, and the Zone may find a friend in the Rosedale Diet." (Publishers Weekly)

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