

# **Download Rotation Cookbook Martin Katahn Ph D**

The Rotation Diet (Revised and Updated Edition) [Martin Katahn Ph.D.] on Amazon.com. \*FREE\* shipping on qualifying offers. Lose those unwanted pounds and keep them off once and for all with an easy three-week diet. The Rotation Diet 's unique and simple plan varies the daily calorie intake over a three-week period Jamie Pope, a registered dietitian, teaches nutrition at the Vanderbilt University School of Nursing. She lives in Nashville, Tennessee. Martin Katahn, PhD, is professor of psychology emeritus at Vanderbilt University.