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day in week one. When The Rotation Diet was first published, m

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But aside from that, here are my best tips on how to follow a rotation diet... Start with a 3-4 day rotation. When introducing foods and playing with food intolerances, the gold



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standard is 3-4 days to gauge a reaction and give your system time to process it. Of course, that varies from person to person, but 3-4 days is a good starting point.

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