



Easy GI Diet: Use the Glycaemic Index to Lose Weight and Gain Energy (Paperback)

By Helen Foster

Octopus Publishing Group, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Did you know that high-GI diets, while sounding healthy, can actually increase your risk of heart problems, diabetes, weight gain and possibly even some cancers? Easy Low-GI Diet focuses on healthy, low-GI foods that give you more energy, keep hunger at bay and protect against heart disease and diabetes. Inside there are four great diet plans to choose from: The Genius weight-loss plan The Vegetarian weight-loss plan The energy-boosting Galvanizer plan The GI for Life plan to maintain your new-found figure Packed with expert information on what low-GI means and how it can help, as well as the at-a-glance GI ratings chart with over 600 entries to help you choose the right foods for you, this easy-to-follow guide contains everything you need for a healthier, low-GI lifestyle.

DOWNLOAD



READ ONLINE
[2.65 MB]

Reviews

The publication is easy in read safer to comprehend. It is actually rally intriguing through studying time. I am easily will get a delight of looking at a created publication.

-- **Claud Feest**

A must buy book if you need to adding benefit. I could possibly comprehended every little thing using this created e publication. I found out this book from my dad and i encouraged this pdf to understand.

-- **Georgianna Gerlach**