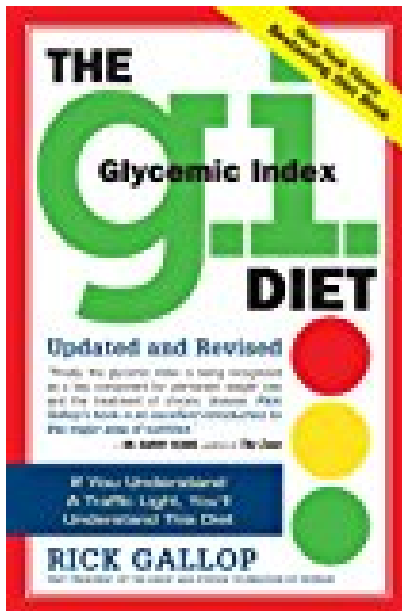


The G.I. Diet



BOOK DETAILS

- Author : Rick Gallop
- Pages : 164 Pages
- Publisher : Workman Publishing Company
- Language : English
- ISBN : 076114479X

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BOOK SYNOPSIS

Rick Gallops ground-breaking G.I. Diet, revised and updated to provide the best new basics for people looking to get started on the green-light road to health. The original G.I. Diet and The Revised G.I. Diet have helped hundreds of thousands of people around the world to lose weight and keep it off. Now Canada's diet guru Rick Gallop has updated the book for 2010 to include the latest health information, revised red-, yellow- and green-light food listings and many new recipes! Most diets fail for three reasons: 1) you feel hungry; 2) they're too complicated; or 3) they're unhealthy. Over the years, the G.I. diet has proven that:

- You won't feel hungry or deprived
- You will never have to count calories, carbs or points again
- It's healthy and will reduce your risk of heart disease and diabetes

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