



## Easy GI Diet

### Use the Glycemic Index to Lose Weight and Gain Energy

New Edition Lose weight, gain energy, look younger, and reduce the risk of illness--all while enjoying your favorite foods. This revolutionary diet plan, favored by the buffest Hollywood stars--including Jennifer Aniston and J. Lo--is based on the glycemic index, which measures exactly how sugars metabolize in the body. It's safer and more effective than Atkins, and everything about it is explained right here: find out exactly how the index works, and which foods have a low GI, so they'll convert to glucose slowly and keep hunger at bay. Choose from one of four diets, some to kick-start the weight loss, one vegetarian, and another to change your eating habits forever. You'll shed unwanted pounds and feel great. (0600613968)

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