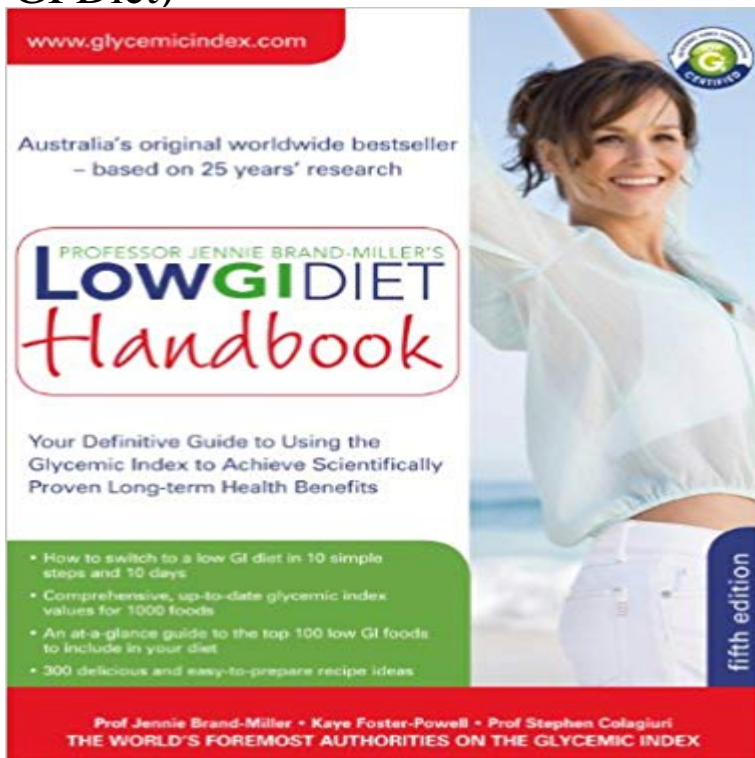


Low GI Diet Handbook: Your definitive guide to using the Glycemic Index to achieve scientifically proven long-term health benefits (The Low GI Diet)



The most significant dietary finding of the last 25 years, the glycemic index (GI) is an easy-to-understand measure of how food affects blood glucose levels and has revolutionised the way we eat. This fifth edition of Australia's original international bestseller is the one-stop classic resource for anyone who wants to discover the benefits of adopting a healthy low GI lifestyle. It will help you: Lose weight and keep it off; Improve diabetes management; Reduce the risk of heart disease; Improve blood cholesterol levels; Manage the symptoms of PCOS; Boost your fertility; Reduce hunger and stay full for longer; Prolong physical endurance; Prevent obesity; Increase your body's sensitivity to insulin.

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