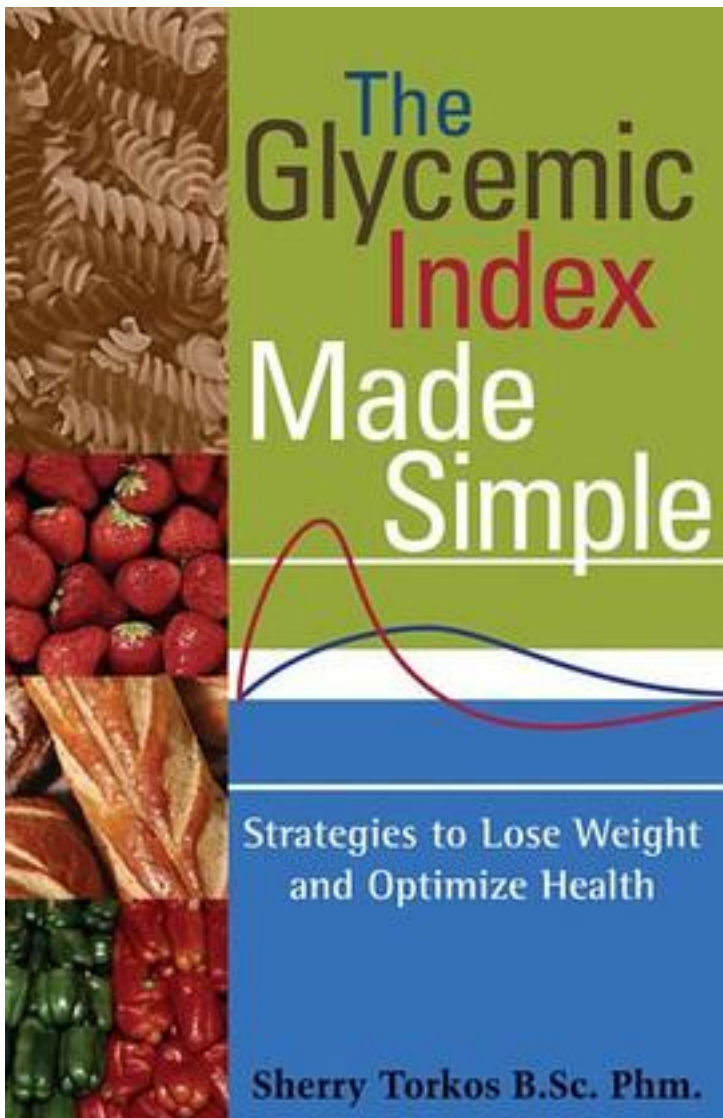


# The Glycemic Index Made Simple



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Not Another Diet Book! The Glycemic Index is a scientifically proven tool that will revolutionize your approach to dieting and weight loss. Sherry Torkos, a pharmacist, fitness instructor, and expert in natural health, guides you through the maze of dieting myths, exposing the real reasons behind the worldwide obesity epidemic, and offers an easy-to-follow action plan that will help you to lose weight, reduce food cravings, control appetite, and boost energy while you improve your health. You'll learn everything you need to know about the GI, including food value charts for handy references, a 7-day menu plan, as well as much more: Diabetes, metabolic syndrome and heart disease: how to lower risk using the GI The role of blood sugar and insulin control How to lower the GI rating of any food A top-ten list of nutritional strategies Good versus Bad: choosing the best of carbohydrates, proteins and fats Holiday dining and eating out: the key to success How to safely supplement for effective weight loss Exercise strategies: how to make the most out of your time How stress, sleep, and hormone balance affect your ability to lose weight, and tips on how to make the necessary changes The Glycemic Index Made Simple is a not another fad. It is a solid, proven method that will help you in your lifelong commitment to health and vitality. Start today!

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