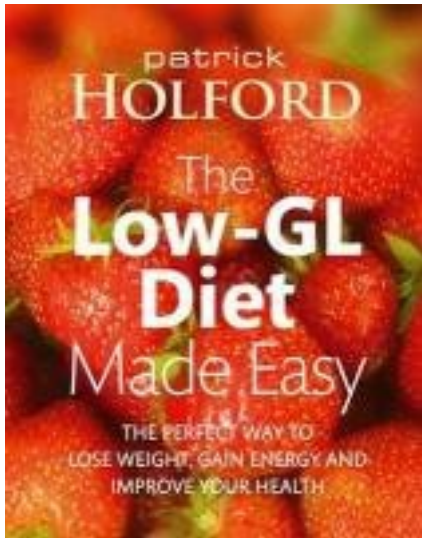


The Low-GL Diet Made Easy



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著者:Patrick Holford

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Patrick Holford's revolutionary diet, based on balancing your blood sugar, is the most safe and effective way to lose weight. In this easy-to-read full-colour book, he highlights the basics of his approach. THE LOW-GL DIET MADE EASY explains the revolutionary Glycemic Load (GL) system and tells you which foods are low-GL 'heroes' and which foods you should avoid, how to get started, portion size and how to add up your GL count. There is also a comprehensive three-week action plan - including shopping lists, day-by-day menus and delicious mouth-watering recipes. THE LOW-GL DIET MADE EASY is essential reading if you want to lose weight safely and effortlessly, improve your health and increase your energy levels.

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