



# Glycemic Index Diet: A Proven Diet Plan For Weight Loss and Healthy Eating With No Calorie Counting

*Susan T. Williams*

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This book contains proven steps and strategies on how to normalize your blood sugar levels, avoid diabetes and heart disease by using the glycemic index to evaluate what foods are best for you. Learn how to use the Glycemic Index to make gradual, lasting changes in your diet. You will then realize that making the best food choices comes naturally to you. What may come as a surprise to you is that the GI diet is not a “diet” per se where you have to follow specific meal plans, count calories, make lists of food to eat and food items to avoid; it’s rather a way of life. You understand how high and low blood sugar levels can affect your health and your feelings of well being. You are able to identify the direct link between GI and controlling diabetes or even substantially reducing the risk of becoming diabetic. This book also includes some delicious, low GI recipes you can prepare quickly on busy days.

### Here Is A Preview Of What You'll Learn

And much more! **Why Choose the Glycemic Index Diet?** GI, which stands for Glycemic Index, is a number. This number is assigned to a food, mainly carbohydrates, based on how fast its sugars and starches are digested and absorbed into the bloodstream when compared with pure glucose. So, this means that a low GI indicates that the food is digested and absorbed more slowly. **Reduced Diabetes risk:** Consuming too much of sugar makes heavy demands on insulin-producing cells. It wears them out. Over time, insulin stops responding to the high blood sugar levels and finally, insulin production eventually stops. You develop diabetes. Studying and understanding a basic glycemic index chart (included in this book!) can be very helpful in forming a dietary plan. You will learn to focus on foods that are lowest on the glycemic chart. These foods are rich in proteins and healthy fats. You can almost eliminate the risk of contracting diabetes by following the GI Diet. By protecting your insulin response from being over worked, the GI Diet keeps your heart, brains and other organs healthier, even if you have a history of diabetes in your family. **Lose weight effectively:** The GI Diet teaches you to make food choices that allow you to lose weight naturally – and even better, keep it off easily. This is because by following a low GI diet, you choose food that keeps your sugar and insulin levels on a healthy and constant plateau. You don't feel the need to keep eating. Improve your heart health: The GI Diet will allow you to choose food which will help to lower your cholesterol, which in turn will reduce the chances of developing other health issues. tags: glycemic diet guide, glycemic diet recipes, glycemic diet recipe book, lose weight, diet book, fat loss, weight loss, lose weight, health and wellness, healthy eating, high blood sugar, diabetes diet, high cholesterol, low cholesterol, heart health, heart attack, type 1 diabetes, type 2 diabetes, low blood sugar, insulin resistance diet

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### **From reader reviews:**

Benjamin Holmes:Spent a free a chance to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled Glycemic Index Diet: A Proven Diet Plan For Weight Loss and Healthy Eating With No Calorie Counting can be great book to read. May be it could be best activity to you.

Patricia Sax:The book untitled Glycemic Index Diet: A Proven Diet Plan For Weight Loss and Healthy Eating With No Calorie Counting contain a lot of information on the item. The writer explains your girlfriend idea with easy way. The language is very simple to implement all the people, so do certainly not worry, you can easy to read it. The book was compiled by famous author. The author brings you in the new time of literary works. You can read this book because you can continue reading your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and also order it. Have a nice go through.

Mildred Olsen:This Glycemic Index Diet: A Proven Diet Plan For Weight Loss and Healthy Eating With No Calorie Counting is new way for you who has curiosity to look for some information mainly because it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or else you who still having tiny amount of digest in reading this Glycemic Index Diet: A Proven Diet Plan For Weight Loss and Healthy Eating With No Calorie Counting can be the light food for you because the information inside this kind of book is easy to get simply by anyone. These books build itself in the form that is reachable by anyone, yep I mean in the e-book web form. People who think that in book form make them feel drowsy even dizzy this publication is the answer. So there isn't any in reading a reserve especially this one. You can find actually looking for. It should be here for a person. So , don't miss that! Just read this e-book sort for your better life along with knowledge.

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