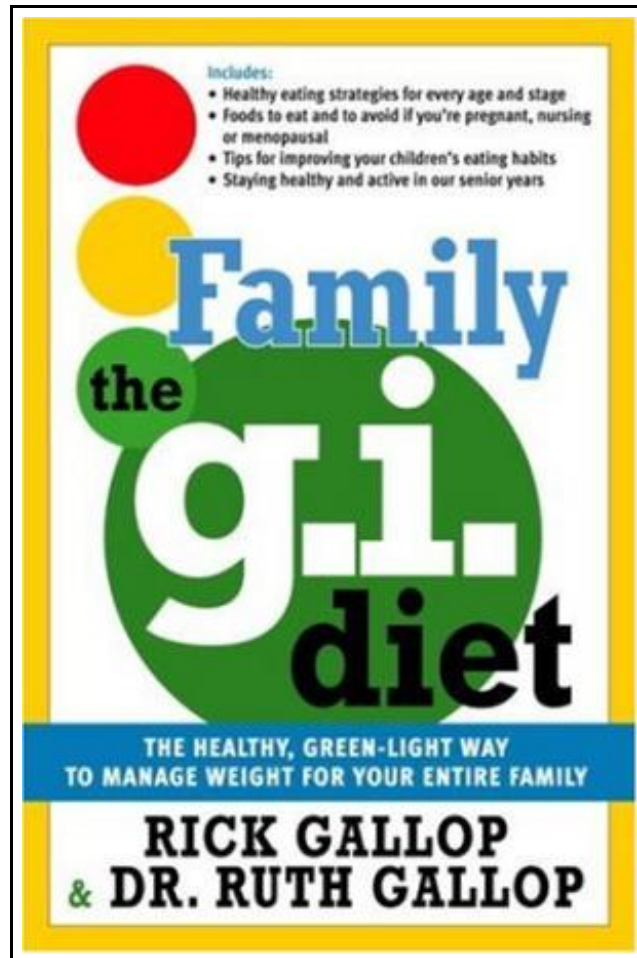


The Family G.I. Diet: The Healthy, Green-Light Way to Manage Weight for Your Entire Family



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Reviews

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THE FAMILY G.I. DIET: THE HEALTHY, GREEN-LIGHT WAY TO MANAGE WEIGHT FOR YOUR ENTIRE FAMILY



Random House Canada, United States, 2005. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. This latest addition to the bestselling G.I. Diet series offers individualized weight-loss strategies for every member of the family. When Rick Gallop published The G.I. Diet in 2002, its easy, healthy and effective approach ensured its phenomenal success in Canada and around the world. Not surprisingly, Rick has received a flood of emails from people thrilled with their new trim selves. Along with their gratitude and praise have been questions: "How can I avoid cooking two different meals for myself and my family?" "Is it okay for my teen to go on the G.I. Diet?" "Can I follow this plan while breastfeeding?" "My 82-year-old mother needs to lose weight does the BMI table apply to her?" Everyone cares about their familys health. But no two people have the same body chemistry, nutritional needs and eating habits. So how do you prepare healthy meals for your family without becoming a short-order cook? How do you get your spouse to follow the G.I. Diet? How do you help your overweight child? What if youre pregnant? For The Family G.I. Diet, Rick has teamed up with his wife, Dr. Ruth Gallop, to address all of these questions and more. Whether your family members have a weight problem or not, this books sound nutritional advice, practical tips and fifty new green-light recipes will go a long way to improving their health and well-being. Heres what readers had to say about The G.I. Diet: I started the G.I. Diet at the beginning of March 2004. . It is now four months later and Im 25 pounds lighter. I feel stronger, have more energy and am fitting into clothes that havent fit in ages! Alicia After...



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