




The Low GI Diet Revolution: The Definitive Science-Based Weight Loss Plan

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The Low GI Diet Revolution is the only science-based diet that is proven to help you lose up to 10 percent of your current weight and develop a lifetime of healthy eating habits that can protect you from illness and disease. Synthesizing over 20 years of ground-breaking research on carbohydrates and the glycemic index, the authors of the New York Times best-selling New Glucose Revolution series show you how to make "smart carb" food choices for every meal that will satisfy your hunger, increase your energy levels, and eliminate your desire to eat more than you should. In addition, The Low GI Smart Carb Diet features an effective 12-week action plan with food, exercise, and activity goals for each week and a maintenance program to help you solidify your new eating habits and avoid regaining weight. The result: A slimmer, stronger, healthier you-for the rest of your life.

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