



Understanding the Glycemic Index and How its Impacts Weight Loss and Fat Burning

Melanie Rose Harsen

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This ebook is a completely detailed education and teaching manual.

It explains every step of the glycemic index that you need to take to lose weight easier than you ever dared dream possible and keep it off!

Now you don't need any pre-existing knowledge of the glycemic index, as this guide was carefully written to explain everything you need to do.

-This guide will basically hold your hand and spoon-feed you the information step-by-step.

-This guide provides a detailed explanation of low GI eating and shows you exactly what you must also do to surpass your weight loss goals.

Here is just some of what you will learn:

-The absolute best and worst GI foods – armed with this information you'll finally be able to make sound eating decisions that will result in dramatic weight loss without hunger or cravings!

-How to cut through all the weight-loss lies and false information that exists today and instead focus on scientific knowledge tips that are sure to help you lose weight fast!

-How to lose fat without losing muscle – it is not nearly as hard to do as you might think ... discover the secrets here!

-Why 95% of dieters fail – and how you can easily ensure you are one of the lucky 5% who loses weight and keeps it off for good!

-How to quickly lose those last stubborn pounds of bodyfat so that you can get the real body of your dreams!

-How to send your metabolism soaring through the roof and turn your body into fat-melting furnace in no time!

-Everything you need to know about the Glycemic Index to lose a massive amount of weight in a minimum amount of time!

-How to avoid the common mistakes other dieters make – follow this advice and you are sure to exceed your weight loss goals!

-Why so many people gain back whatever weight they lose while dieting ... and the easy way to ensure this

doesn't happen to you!

-The GI rankings for numerous popular foods – this is sure to be a reference you turn to again and again for healthy eating information!

Sincerely,

Melanie Rose Harsen

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