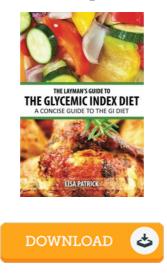
# The Layman s Guide to the Glycemic Index Diet: A Concise Guide to the GI Diet (Paperback)



## **Book Review**

The most effective publication i ever go through. It really is writter in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication. **(Ila Pfeffer IV)** 

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