



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

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A lower glycemic index suggests slower rates of digestion and absorption of the foods' carbohydrates and can also indicate greater extraction from the liver and periphery of the products of carbohydrate digestion.Â The Low GI Diet Revolution: The Definitive Science-Based Weight Loss Plan. Marlowe & Company. p. 139. ISBN 978-1-56924-413-5. More than just a weight loss guideâ€”though you will lose up to 10 percent of your current body weightâ€”The Low GI Diet Revolution is a complete program for a lifetime of good health. Highlights include: Â· Critical information about carbohydrates and the glycemic index. Â· How to strike the right carbohydrate/protein balance in your diet. Â· The tools and tips you need to eat low GI for life. Â· An effective 12-week action plan with food, exercise, and activity goals for each week. Â· Targeted exercise suggestions and advice to improve your fitness level. Â· A maintenance program to help you solidify