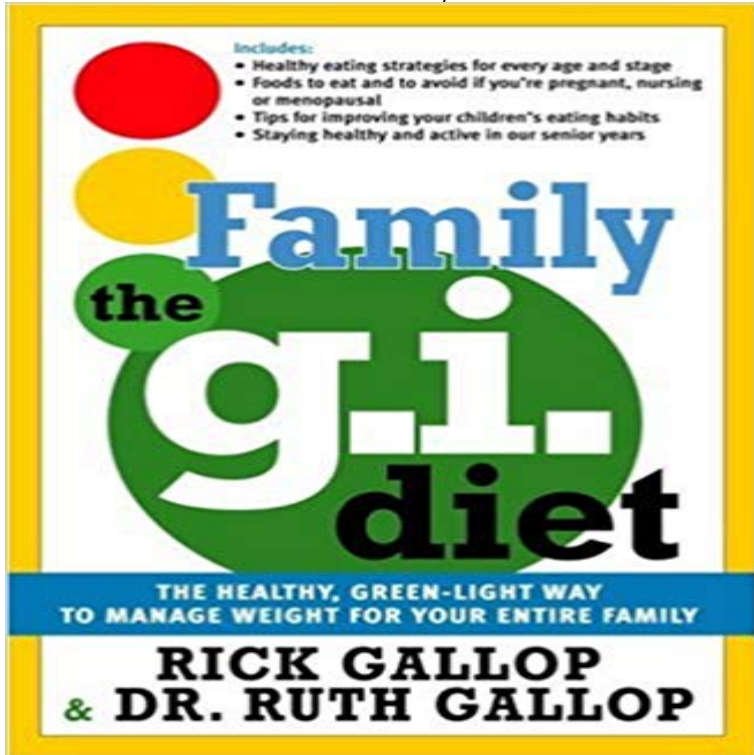


The Family G.I. Diet: The Healthy, Green-Light Way to Manage Weight for Your Entire Family



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 families 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 many different attempts at losing weight, Ive finally found success with the G.I. Diet! . . . The pounds and inches melt away. JanI started living the G.I. Diet three months ago and have shed 43 pounds and 6 inches off my waistline. . . Ive made up my mind to eat like this for the rest of my life. RayMy husband is down

40 pounds and Im down 20 pounds! The G.I. Diet rocks!! Were never hungry, we cant believe the gradual and constant weight loss, and we cant believe that we can eat out, travel, celebrate special events and still, albeit sometimes partially, stick to the regime and keep the weight off. Joanna As a teenager I know that dieting is a big thing for a lot of us. So many of my friends are always trying different diets and usually end up going hungry. . Considering [the G.I. Diet] was the first diet Id really ever done, Im surprised that it actually worked. . Ive managed to lose 24 pounds in a healthy, natural way even my doctor is pleased. Erika I lost 85 pounds in 22 weeks. . There is certainly no more rewarding personal journey than transforming your body into what you always wanted it to be. I cant begin to express how valuable the G.I. Diet has been to making this happen. Derek The G.I. Diet is the easiest weight loss program I have ever been on and Ive been on plenty. I want to eat like this for the rest of my life. Marylou

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