

[Ebook] ⇨ The Glucose Revolution: The Authoritative Guide to the Glycemic Index- The Groundbreaking Medical Discovery Author Jennie Brand-Miller – Soccerjerseys-wholesale.co

Posted on 14 June 2017 By Jennie Brand-Miller

The Glycemic Index Is An Easy To Understand Tool That Shows How And Why Eating The Right Foods, Especially The Right Carbohydrates, Can Have Dramatic Effects On Health The Glucose Revolution Is A Clearly Presented Guide To This Essential New Health Tool

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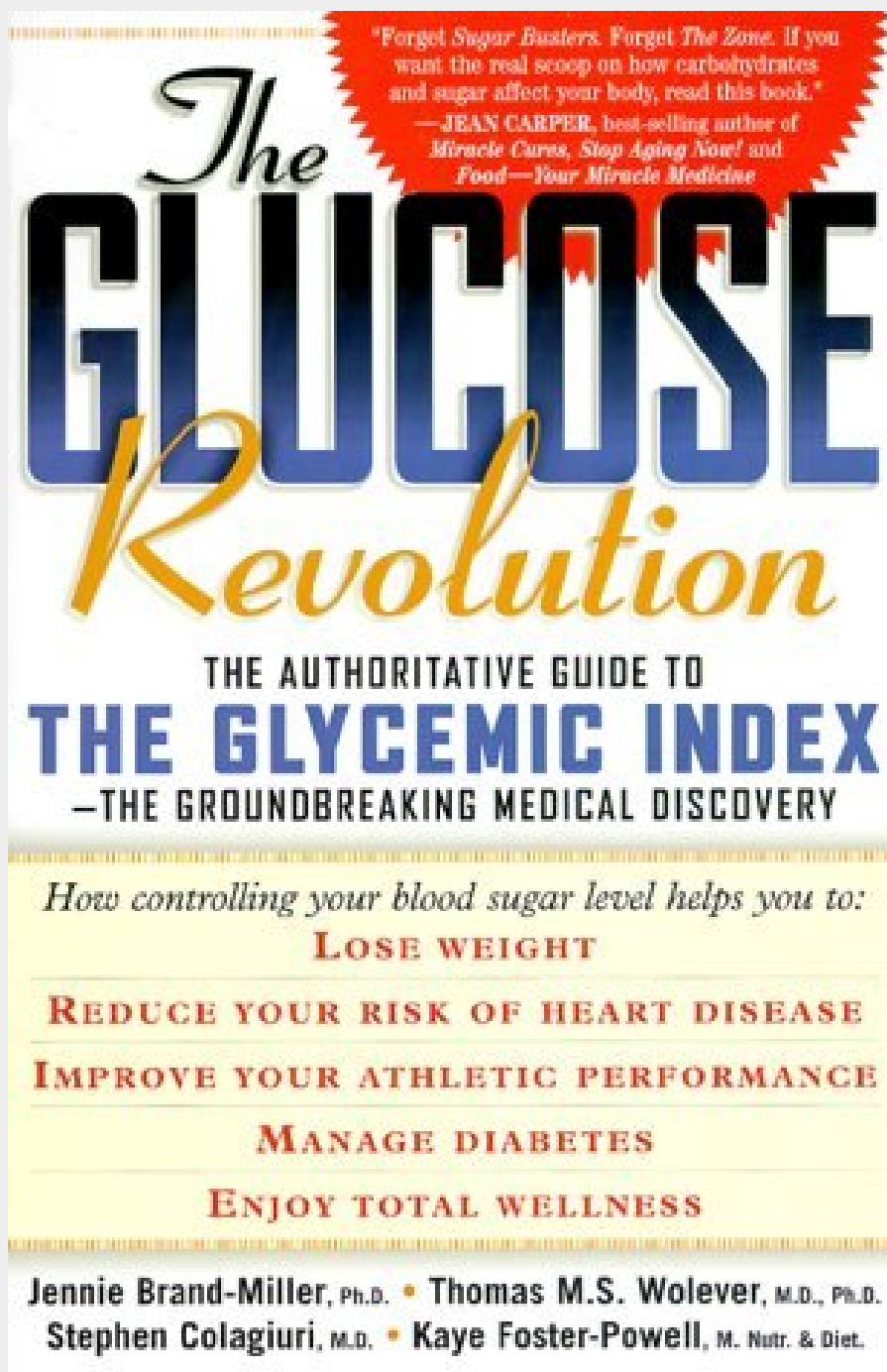
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**10 thoughts on “The Glucose
Revolution: The Authoritative Guide to
the Glycemic Index-The
Groundbreaking Medical Discovery”**



Rebecca Johnson Rebecca Johnson

says:

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Every wonder why you get sluggish after a big meal and become unusually hungry way to quickly The Glucose Revolution gives some insight into the physiology of the body and how, at the root of it, is the pancreatic reaction to glucose in the body Interestingly, sugar isn t the most impactful item on blood sugar levelsit is refined carbs There are tips for diabetics, heart patients, and regular Joes for eating the best way for their body without having to feel deprived I specifically like the explanations in layman s terms about the interactions in the body.

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Lindsay Lindsay says:

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I wanted information, and I got marketing Lots of marketing Not to mention, most of the information has been outdated Conventional wisdom still holds enjoy a variety of foods in moderation.

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