



The Complete Idiot's Guide to Glycemic Index Weight Loss, 2nd Edition (Idiot's Guides)

Lucy Beale, Joan Clark-Warner M.S. R.D.

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A fully updated and expanded edition of a weight loss program that readers can count on.

This fully updated and expanded edition clearly explains just how and why a glycemic index diet works by showing readers how to eat the right kind of foods—more complex carbohydrates, fiber, grains, and fruit.

- The glycemic index diet is a solution for many people at risk for Type II diabetes or those with insulin-sensitivity or resistance
- Includes information on supplements, easy recipes, food lists, and sample meal plans
- Includes an appendix with glycemic index counts and loads for all sorts of food
- Features a new study on how eating certain foods cold can make a big difference

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