



The Kickstart Guide to Glycemic Index: Lower Your Blood Sugar for Better Health!

Lynne Parcell

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The Glycemic Index is linked directly to the sugars in foods and how they are absorbed. The Index measures carbohydrates, which are made up of simple or complex sugar molecules. The Glycemic Index then ranks the effects these foods have on our systems. This report will show how the Glycemic Index is calculated and how to use it effectively as a guide to live healthier. It will show that following the Glycemic Index can be done very easily and that the benefits of following the Index are many. You will see how controlling the foods you eat based on the Glycemic Index will allow you to lose weight, reduce your risk of diabetes, and lower your cholesterol, just to name a few. Discover: • How to calculate glycemic index in foods • Glycemic index related to diabetes • Do's and don'ts in glycemic diet • And more

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