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La Dieta Del Indice Glucemico / The G. I. Diet: The Easy, Healthy Way To Permanent Weight Loss (Spanish Edition)



Synopsis

Book by Gallop, Rick

Book Information

Paperback: 223 pages

Publisher: Editorial Sirio; Tra edition (June 30, 2005)

Language: Spanish

ISBN-10: 8478084754

ISBN-13: 978-8478084753

Product Dimensions: 8.3 x 6.4 x 0.6 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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Este libro expone de forma clara y concisa como llevar una dieta de reducciÃ³n de peso basÃ¡ndose en el Ã­ndice glucÃ©mico de los alimentos. Es un libro excepcional ya que, de forma clara y directa, explica porquÃ© engordamos, quÃ© es el Ã­ndice glucÃ©mico y los fundamentos de esa dieta: excelente para aquellos que deseen explorar otra manera de perder peso.

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