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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

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

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