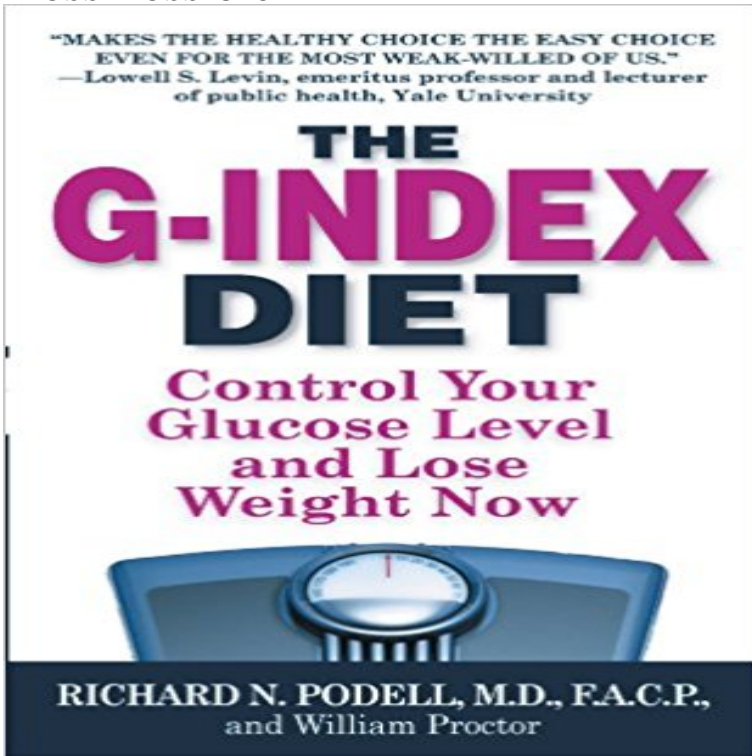


# The G-Index Diet: The Missing Link That Makes Permanent Weight Loss Possible



The reason most diets fail is that many diet foods stimulate the appetite and trigger out-of-control eating. This startling, proven guide to eating indicates which foods turn the metabolism on to start burning fat. Includes a balanced weight-loss regimen and a satisfying maintenance plan.

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