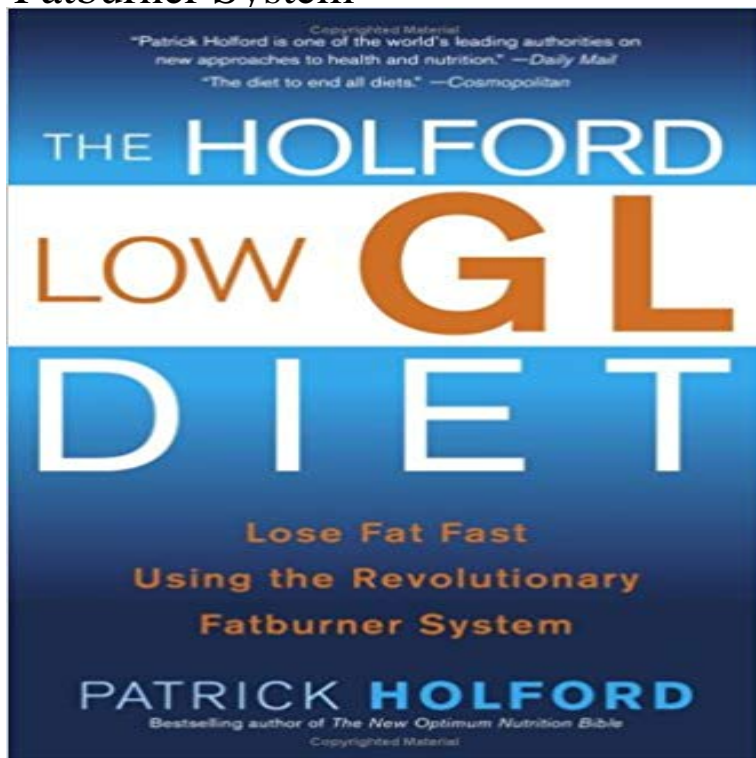


# The Holford Low GL Diet: Lose Fat Fast Using the Revolutionary Fatburner System



TWO SIMPLE RULES 1. Eat no more than 40 GLs a day 2. Eat protein with carbohydrate ONE SIMPLE DIET The Holford Low GL Diet At its heart, one controlling principle: If you lose blood sugar control, you gain weight and feel hungry and tired. If you gain blood sugar control, you lose weight and feel happy and full of energy. THE BOTTOM LINE When you balance your blood sugar, you'll lose weight fast. With The Holford Low GL Diet you will beat your cravings! You'll enjoy delicious meals, choosing from a wide variety of energy-boosting foods and simple menu plans. The diet is safe and easy to follow, and includes a nutritional supplementation plan to increase your energy and decrease your appetite. Tried and tested by the Institute for Optimum Nutrition, The Holford Low GL Diet is based on the latest medical and nutritional research, made totally accessible. Discover how easy it is to reprogram your body to burn your fat away.

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