



# Your Personal Health: The Glycemic Index & Glycemic Load Put Simply

*David Truman*

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## **Your Personal Health: The Glycemic Index & Glycemic Load Put Simply** David Truman

This Booklet is written for people who would like to know & understand what the Glycemic Index & Glycemic Load are all about & it is written in an easy to read format. This is not a fad diet, it's a nutritionally sound life long eating plan. It's not a difficult plan to stick to - **YOU CAN DO IT!**

It looks at

- The digestion process which forms the basis of why we should eat low Glycemic foods.
- What the Glycemic Index (GI) is & how it's derived.
- What the Glycemic Load (GL) is & how it's derived.
- Glycemic tables.
- The benefits of eating low GL.
- How to change over to a low GL eating plan.
- Shopping for the best foods.
- Eating out low GL style.
- A flaw with the GL plan that most books or nutritionists don't mention & how to get around it.
- Links to online databases.

If you follow the advice in this booklet, you will discover how to have:

- Fewer cravings - you stay feeling fuller and satisfied longer which helps control your weight.
- Fewer mood swings
- Gives you better concentration.
- Permanently achieve a healthier weight - keep the weight off without "dieting"
- Reduced risk of heart disease, diabetes, syndrome x and female hormonal disorders.
- Increase your body's sensitivity to insulin.
- Reduce blood cholesterol levels.
- Prolong physical endurance.
- Helps re-fuel carbohydrate stores after exercise.
- Helps prevent diabetes.
- Improves diabetes control.
- Helps protect your eye sight.
- Improves acne and skin condition.
- You will look better and feel better

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