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Rick Gallop, who also wrote Living the G.I. Diet and The G.I. Diet Clinic, is an international spokesperson for the diet he designed out of his own struggles to lose

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The g.i. diet clinic

Book Review. The G.I. Diet Clinic By Rick Gallop Workman Publishing Company, Inc. (2008)
Reviewed by Tara Gidus, MS, RD, CSSD, LD/N. Claims. Stop counting calories

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