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by Rick Gallop 3.53 of 5 stars 3.53 Like all the best diet books, The G.I. Diet has some wonderful tips. Here s my favorite from this book,

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Rick Gallop is a graduate of Oxford University, too much food allowed on it. When Rick Gallop ran an online clinic based on the GI Diet Clinic I took part,

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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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Oct 22, 2012 A couple times a year I read a diet book seeking new ideas about healthy living. The G. I. Diet Clinic by Rick Gallop is an interested book, but doesn't

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Book summary: Rick Gallop's groundbreaking G.I. Diet has been revised and updated once more to provide the best new basics for people looking to lose weight

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From Canada's own bestselling G.I. Diet author comes the latest real-life 13-week clinic featuring women in their menopausal and post menopausal years.

The g.i. diet clinic: rick gallop: 9780761149484:

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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