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## The Low Glycal Diet

By Jeffrey Dunham

Page Street Publishing Co. Hardback. Book Condition: new. BRAND NEW, The Low Glycal Diet, Jeffrey Dunham, Lose up to 10 pounds in the first 2 weeks of Dr. Jeffrey Dunham's proven program. This innovative approach combines low-glycemic food—much like those emphasized on the Paleo Diet—with popular high-carb foods. The trick is knowing what to eat, when and how many calories to consume. Dr. Dunham's easy-to-follow coding system tells readers exactly how to do this. The program is rooted in the science of calorie spikes. When calorie spikes are kept low and spread out properly, patients burn more fat. Dr. Dunham capitalizes on this science by using a combination of low glycemic foods and calorie counting to keep calorie spikes low. His proven method has become the key to lasting weight loss for more than 10,000 people. While popular diets have typically focused on counting calories or glycemic load, "The Low Glycal Diet" is the first diet to take into account how they interact. "The Low Glycal Diet" walks readers through Dr. Dunham's diet and offers 75 exclusive recipes that are effective low glycemic/high carbohydrate combinations. The companion app, which people use to check if their meals have the right combination...



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