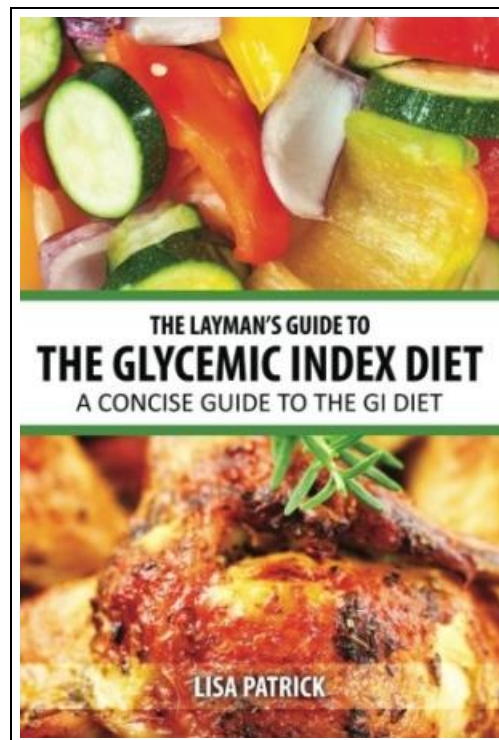


The Layman s Guide to the Glycemic Index Diet: A Concise Guide to the GI Diet



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