



The G.I. Diet Clinic: Rick Gallop's Week-by-Week Guide to Permanent Weight Loss

Rick Gallop

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Rick Gallop, author of the phenomenally successful **G.I. Diet** series, makes losing weight even easier with this detailed, step-by-step guide to the first 13 weeks on the G.I. Diet.

The original **G.I. Diet** has helped millions of people all over the world lose weight and keep it off. Still, many people frustrated by their yo-yo dieting experiences think a healthy lifestyle is difficult to attain. And who can blame them when most diets are too complex and leave you feeling deprived and hungry?

On a mission to turn losing weight into a positive experience, Rick Gallop recruited volunteers with a body mass index of 33 or over—in other words, the hard cases—to participate in an e-clinic he would run from his website. For 13 weeks he introduced them to the basics of the G.I. Diet, answered their questions, taught them how to shop, cook and eat out, coached them through the hurdles and helped them develop strategies for dealing with cravings and the emotional reasons why we eat. In return, participants shared their stories, their feelings, their stumbling blocks and their triumphs. Over 80 percent of the participants stayed with the program—which is easy to follow and never leaves you hungry—and every single one of them lost significant amounts of weight. In fact, the group lost a remarkable average of 25 pounds and an amazing 10 inches from their waists and hips over the three-month period. In the process, Rick received a wealth of feedback that will help others wishing to lose weight. And it's all here in **The G.I. Diet Clinic**. With this book, you too can benefit from Rick's tips and tricks, his weekly meal plans and real-life advice, and you'll get support and encouragement from the experiences and inspiring stories of e-clinic participants.

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