



Eat for Energy the Glycemic Index Way: Boost Energy Levels Without the Insulin Spikes

Ron Kness

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Eat for Energy the Glycemic Index Way: Boost Energy Levels Without the Insulin Spikes Ron Kness Are you tired of feeling tired? If you find it hard to concentrate and focus, or you are feeling lifeless and worn out, there is a solution. In my book we explore how to boost and sustain energy levels from meal to meal by choosing foods using the Glycemic Index scale. Also, you'll... • Learn About the Link Between the Amount of Carbs You Eat and How Much Energy You Have During the Day • Find Out Why Complex Carbs Are Better for Long-Term Energy • Discover the Disastrous Effect of Sugar on Your Energy • Determine the Best Types of Breakfasts for Staying Energized All Day Long • Uncover Foods That Rob You of Your Energy • Realize How Foods That Are Easier to Digest Give You More Energy • Hear How Stimulants Such as Coffee Don't Really Energize You • Reveal The Best Type of Carbs to Eat as a Pre-Workout Snack • See Why Filling Up on Fiber Can Be a Great Way to Get More Energy • Master Feeling Full Without Over Eating • Become an Expert in Maintaining Good Energy Throughout the Day by Focusing on Your Diet This book makes it really simple to adjust your diet- no fuss, no complicated ingredients, no unattainable goals. Everyone can use the information from this book and apply it to their own, individual routine and still achieve amazing results!



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