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Baby Boomers Health and Diet (Paperback)

By Gunter Schaule

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Exercise is good, but for weight control it is a bit overrated. It is easier to keep your weight down by selecting food that does not create excess energy, because the excess food energy gets converted and stored as body fat. Not all food creates energy, so that counting calories does not make sense. What matters is the Glycemic Index of our food and drinks. This book shows you exactly what to eat and what not, to control your weight and stay healthy without eating less. The book provides detailed tables of all major food and drink items and rates their desirability. The Baby Boomers have had a good run in their lives so far, and they want to keep it that way. At this stage, health and longevity become important considerations, and controlling body weight is a major factor. It s all in the spirit of enjoying life the Baby Boomer way!.



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