



REPORT

What if losing weight were as easy as switching breakfast cereals!

Dear **FIRSTNAME**,

For years scientists have debated whether low-fat or low-carb diets are best for taking off and keeping off unwanted pounds.

**The conclusion? *Neither one.***

A growing body of research now reveals that the real issue isn't how much fat or carbohydrate you're eating—the real issue, believe it or not, is how what you're eating affects your blood sugar. It's a whole new way of looking at weight loss...

**...it's the weight loss revolution that has taken Europe by storm—and is just now hitting the States!**

**([Click here](#) to become a part of it.)**

So what is this powerful NEW tool in the battle of the bulge? The Glycemic Index. (To learn more about the Glycemic Index and if it's right for you, [click here](#).)

You won't find the Glycemic Index on food labels...  
but you will find it in **THE NEW GLUCOSE REVOLUTION**.

In a nutshell, the Glycemic Index is a scientific ranking of foods based on how much they increase blood sugar levels after eating. **THE NEW GLUCOSE REVOLUTION** includes a comprehensive list of common (and not-so-common) foods and their GI rating ([click here](#) GI examples). In fact, **THE NEW GLUCOSE REVOLUTION** contains the largest, most reliable Glycemic Index available. And now, you can discover it and try it **FREE for 21 days**—just [click here](#)!

**Say Good-Bye Forever to Hunger,  
Food Cravings and Late-Night Binges!**

As you'll discover in **THE NEW GLUCOSE REVOLUTION**, effective weight loss means eating more food, not less—the right foods that leave you feeling satisfied and full for hours. Instead you'll eat until you're full, go to bed satisfied

BURN FAT while you sleep and wake up to find the weight just keeps rolling off!



[CLICK HERE](#)

## Does “toxic” belly fat have you surrounded? Lose it in just 5 weeks!

There’s another little-known benefit to adding mounds of delicious, low-GI foods to your meals: These powerful sugar-canceling foods may actually dissolve the most harmful fat in your body—toxic belly fat. [Click here](#) for all the amazing details in [THE NEW GLUCOSE REVOLUTION](#).

## Lose weight like a European! Join the diet revolution that’s sweeping Europe.

Glycemic Index dieting emerged just a few years ago in Europe. Manufacturers are now listing GI values on food nutritional labels. (And Europeans are thinner than ever!) It’s only a matter of time before [THE NEW GLUCOSE REVOLUTION](#) takes America by storm. Be among the first to join the weight loss revolution here in the states—[click here](#) to experience [THE NEW GLUCOSE REVOLUTION](#).

### And if you’re still wondering about the breakfast cereal switch...

...[click here](#) for the answer that keeps your blood sugar stable and your fat burners cranked. Then go ahead and try [THE NEW GLUCOSE REVOLUTION](#)—FREE for 21 days.

Become a part of the weight loss revolution! [Order today](#).

SINCERELY,



**Kelly Jennings**  
Rodale Health Books

GROW  
YOUNGER  
EVERY DAY



FREE  
GIFT!

P.S. As a “thank you” for previewing [THE NEW GLUCOSE REVOLUTION](#) FREE for 3 weeks, we’ll also send you a FREE gift: *Grow Younger Every Day*. It’s yours FREE, just for inspecting [THE NEW GLUCOSE REVOLUTION](#). [Click here](#) to order your copy and get your FREE gift now!

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