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Rick Gallop is the bestselling author of The GI Diet , Living the GI Diet , The GI Diet Shopping and Eating Out Pocket Guide, The Family GI Diet and Rick Gallop s

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About the Author. Rick Gallop s bestselling The G.I. Diet was published in 2002 and quickly became the most successful Canadian diet book ever, with more than two

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Rick Gallop is the bestselling author of The Gi Diet, Living the Gi Diet, The Gi Diet Shopping and Eating Out Pocket Guide, The Family Gi Diet and Rick Gallop's Green

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