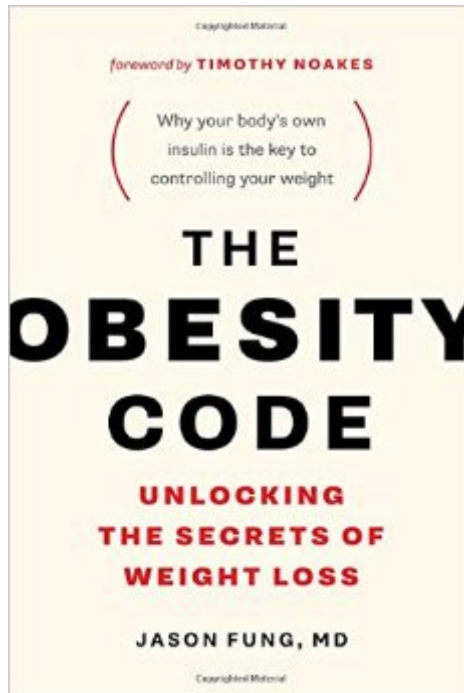


The book was found

# The Obesity Code: Unlocking The Secrets Of Weight Loss



## Synopsis

Fung zeroes in on why insulin resistance has become so prevalent and offers specific outside-the-box solutions that have emerged as the key to maximizing health."#151;Jimmy Moore, author, Keto Clarity and Cholesterol Clarity Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones#151;in everyone#151;and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung sets out an original, robust theory of obesity that provides startling insights into proper nutrition. In addition to his five basic steps, a set of lifelong habits that will improve your health and control your insulin levels, Dr. Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight#151;for good.

## Book Information

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## Customer Reviews

I am a PA with decades of experience with diabetes and it's ill effects. I have watched through my career, type 2 diabetics listen to medical advice and never get any better. When my daughter, who was a gestational diabetic with her first pregnancy had a fasting blood glucose of 288 mg/dl, it became personal for me. They gave her the usual Metformin script and sent her on her way. Knowing that these meds do nothing to cure the disease and that it would only head her to a life on insulin and further weight gain I asked her not to take the meds, stop all carbs for the moment and let me do some research. That was when I came across Dr. Fung's lectures on the internet. As

someone who has been studying holistic medicine for 30 years it made complete sense to me. What makes this book and his lectures so valuable, is that he approaches everything from a medical model and shows why modern medicine is getting it all wrong. He explains the process of glucose metabolism in a way I feel most lay people can understand. It's important for every overweight or type 2 diabetic to understand this process to better understand what they have been doing to their bodies...and unfortunately what we in medicine have been doing to their bodies. What was most valuable to me was him quoting studies that are considered standards in the field of medicine...not studies on rats or studies that have 15 subjects...but studies conducted over years with thousands of participants...like the Frammingham study or the NHANES study. I had seen these studies in the most prestigious medical journals like JAMA...funny how some of the aspects of the studies that he cites just weren't included or stressed in the outcomes. After going over all the metabolism...

I'm surprised nobody has mentioned this but Dr Jason Fung is a traditional medical doctor in Canada working in the system where the government won't pay for a medical intervention if it isn't effective. He has helped his patients drop thousands of pounds with an unconventional approach. The book covers the reasons he has elected to take this controversial approach. His program, called intensive dietary management, helps people adapt a low carb diet and intermittent or (when appropriate and supervised) prolonged fasts. He knows what he's talking about when it comes to the connection between what you eat and what you weigh. Dr Fung makes it clear that the calories in/ calories out model of weight management has proved to be a colossal failure, and explains why, covering the nuanced realities of hormones, fasting, carbohydrates, fats, sugars and sleep and the roles each plays in your health. As a doctor myself specializing in weight loss, I too am deeply interested in the disconnect between calories consumed and body weight that seems to trap some people in a metabolic vicious cycle. So I find his focus on this topic fascinating. Particularly interesting are the arguments that lay out why we were wrong about the calories in calories out model and how human physiology seems to defy physics (but actually isn't, as you'll see). Each chapter unfolds into a sensible, well researched, very well-reasoned and sometimes sobering discussion of a health topic. Topics include: the heritability of (a tendency for) obesity The role of insulin in weight gain Benefits of fiber to gut health and how that translates to faster weight loss Probiotics any reader interested in health should be familiar with this new field.

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Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight

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