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# The Obesity Code Unlocking The Secrets Of Weight

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Summary: The Obesity Code by Jason Fung: Unlocking the Secrets of Weight Loss  
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Clinical Management of Overweight and Obesity  
Eat to Beat Disease  
WORKBOOK For The Obesity Code  
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Unlocking the Keto Code  
Sugar Free

*The Obesity Code Unlocking The Secrets Of Weight*

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## LACI MCDANIEL

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The Obesity Code LMT Press

The Women Obesity Code is a clinical general overview on weight loss approaches as it concerns women specifically. Embodying a general argument on the insulin knowledge in The obesity code by Dr. Jason Fung. And somatotype research by Dr. Sean Combs as it affects women. In this book; The Women Obesity Code, with the combined research findings of Dr. Jason Fung and Dr. Sean Combs, two medical weight loss experts, all women are guaranteed of a final bus stop in their search for how to lose weight. Therefore, this book was branded The Women Obesity Code for the wide recognition it has received as the key to weight loss for every obese woman for a lasting weight loss and weight maintenance. Every way you have tried to battle obesity and how to lose weight might just be wrong. Weight gain and obesity are driven by your insulin level coupled with your individual body type determining how and where extra weight is deposited. And only by understanding the effects of insulin and somatotype in body metabolism can we achieve lasting weight loss results. In this highly comprehensible and confrontational book, Dr. Sean Combs presents an innovative, full-bodied theory of obesity that provides astounding understandings into appropriate nutrition, exercise and a set of lifelong habits that will improve your health and weight loss approach to achieve healthy and sustainable weight for life. In this book, you could get help on the following weight loss subject matters: weight loss for women weight control for women weight loss motivation how to lose weight fast weight loss diet low carb diet weight loss tips how to reduce weight best way to lose weight Wishing you all the best in your Weight Loss Journey - The Women Obesity Code

**Summary of the Obesity Code** Greystone Books

A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice,

*Why We Get Sick* will help you to take control of your health.

**Summary of The Obesity Code** Penguin

This is a summary of bestselling author Jason Fung's, "The Obesity Code: Unlocking the Secrets of Weight Loss by Jason Fung." This summary is intended to give you an in depth overview of the key concepts and ideas of the book. At Summary Books, we read every chapter, extract the meaning and leave you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours. This concise book summary will help you cut through the 330 page full version of The Obesity Code and quickly understand the key concepts and ideas. The original book is detailed as; "Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones--in everyone--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--for good."

Pure, White, and Deadly Hay House, Inc

Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That's what Keto Clarity is all about. Jimmy Moore, the world's leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This book includes exclusive interviews from twenty of the world's foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman clearly explain why ketosis is normal, how this nutritional approach is being used therapeutically by many medical professionals, a step-by-step guide to help you produce more ketones and track your progress, real-life success stories of people using a ketogenic diet, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including coverage of epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome (PCOS), irritable bowel syndrome (IBS), heartburn (GERD), nonalcoholic fatty liver disease (NAFLD). The good evidence for ketogenic diets is also shared in dealing with Alzheimer's Disease (AD), Parkinson's Disease, dementia, mental illness, schizophrenia, bipolar, depression, narcolepsy, and sleep disorders. Plus, you'll get the details on the emerging science that is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease, and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore's yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood

testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going on your ketogenic lifestyle change. Keto Clarity gives you a whole new perspective on the work that the late, great Dr. Robert C. Atkins started in earnest with his promotion of the low-carb approach beginning in the 1960s. That revolution continues boldly in this book designed to shift your paradigm on diet and health forever!

*The Obesity Code* Greystone Books Ltd

The Obesity Code by Jason Fung | Summary & Analysis Preview: The Obesity Code addresses the history, causes, and treatments of obesity and today's rising obesity rates. By understanding it through scientific and social study, obesity becomes less of a blanket term for metabolic complications and a more tangible problem with real, though not widely practiced, solutions. The main problem with treating obesity is that many doctors and their obese patients don't know what actually causes obesity. Often, health experts believe that weight gain results from consuming too many calories while not expending enough calories, a theory known as "calories in, calories out." However, decades of research has proven that this obesity model is problematic and oversimplified. Calorie consumption and expenditure are not independent of each other. If people decrease calorie consumption in an effort to lose weight, their body compensates by slowing down processes such as metabolism to expend fewer calories. Also, exercise is not nearly as instrumental in weight loss as was once thought... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The Obesity Code · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

Why We Get Fat Victory Belt Publishing

The instant New York Times and USA Today bestseller! Change when you eat and change your body, your health, and your life! Diets don't work. You know you know that, and yet you continue to try them, because what else can you do? You can Fast. Feast. Repeat. After losing over eighty pounds and keeping every one of them off, Gin Stephens started a vibrant, successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay, Don't Deny® intermittent fasting lifestyle. Fast. Feast. Repeat. has it all! You'll learn how to work a variety of intermittent fasting approaches into your life, no matter what your circumstances or schedule. Once you've ignited your fat-burning superpower, you'll get rid of "diet brain" forever, tweak your protocol until it's second nature, and learn why IF is a lifestyle, not a diet. Fast. Feast. Repeat. is for everyone! Beginners will utilize the 28-Day FAST Start. Experienced intermittent fasters will strengthen their intermittent fasting practice, work on their mindset, and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side effect of weight loss. Still have questions? Gin has you covered! All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section.

*Lies My Doctor Told Me Second Edition* Greystone Books Ltd

Summary & Analysis of The Obesity Code by Dr. Jason Fung Disclaimer: This is a summary, review of

the book The Obesity Code and not the original book. You can find the original here:

<https://www.amazon.com/dp/B01BU9JZKA> The Obesity Code: Unlocking the Secrets of Weight Loss will help you fight obesity like never before. Forget about counting calories and focus on eliminating carbohydrates and sugar. This book will actually help you lose weight by making you understand the benefits of intermittent fasting. This is a practical guide with evidence to support the main ideas. To get this book, Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away!

*The Obesity Code* Goldmine Reads

From the author of the New York Times bestselling Plant Paradox series comes this revolutionary take on the keto diet that debunks common myths and shows readers how to reap the rewards of keto with less restriction Like many doctors and nutrition experts, bestselling author Dr. Steven Gundry has long endorsed the ketogenic diet—a style of eating that heavily restricts carbohydrate intake to make the body burn fat for fuel. Because ketosis offers a variety of health benefits, including weight loss, reduced risk of illness, and enhanced energy, Dr. Gundry believed his patients' efforts to adhere to the challenging regimen was worthwhile. That is, until his research uncovered a shocking truth: We've gotten keto all wrong. In *Unlocking the Keto Code*, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As it turns out, ketones are not the magical fuel source they've been made out to be; in fact, the body cannot run on ketones and fats alone. Over the long term, a very low carb-diet can lead to muscle wasting and poor cognitive health. Luckily, you don't have to restrict all carbs to reap the benefits of ketosis; you simply have to have enough ketones and other plant compounds called polyphenols present in your body to "unlock" the process of mitochondrial uncoupling. In this insightful, empowering, eminently practical book. Dr. Gundry explains the many ways readers can ignite this process, from feasting on plant-based foods (carbs that are typically off-limits on a keto diet!) to enjoying ketone generating foods such as goat and sheep milk products, to implementing a timed eating schedule. You will even discover the real reason how superfoods, even apple cider vinegar, work their magic; and its not what they you think! Grounded in cutting-edge science, this is the book for all the people who have tried and failed on a keto diet; for vegetarians and vegans who want to go keto; and for anyone who wants to lose weight and enjoy better health while eating a wide variety of foods. With food lists, hacks, and all-new recipes, *Unlocking the Keto Code* makes going keto easy and enjoyable for the first time.

Fast. Feast. Repeat. Instaread Summaries

Has your doctor lied to you? Eat low-fat and high-carb, including plenty of "healthy" whole grains—does that sound familiar? Perhaps this is what you were told at your last doctor's appointment or visit with a nutritionist, or perhaps it is something you read online when searching for a healthy diet. And perhaps you've been misled. Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry's bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of "lies" told by well-meaning but misinformed medical practitioners. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. However, the negative consequences on your health remain the same. Advice to avoid

healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in our health, and how to begin an educated conversation with your doctor about finding the right path for you. This book will teach you: • How doctors are taught to think about nutrition and other preventative health measures—and how they should be thinking • How the Food Pyramid and MyPlate came into existence and why they should change • The facts about fat intake and heart health the truth about the effects of whole wheat on the human body • The role of dairy in your diet the truth about salt—friend or foe? • The dangers and benefits of hormone therapy • New information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

[THE OBESITY CODE - Summarized For Busy People](#) HarperCollins

This book breaks down all the big ideas and pertinent facts in "The Longevity Solution" so they can be easily and quickly understood. There is also a bonus Analysis of "The Longevity Solution" included within. Continue reading below to see all that you get. PLEASE NOTE: This is an unofficial and independent summary & analysis of The Longevity Solution and is meant to be read as a supplement to The Longevity Solution. You can find the original book here: <https://amzn.to/2TzoGTJ> In the Longevity Solution, Dr. James DiNicolantonio and Dr. Jason Fung show you all of the research and facts on what you can do in order to live a longer and healthier life. Because after all, the key isn't just to live longer, it's to retain your health as long as possible. With the key points laid out, you can begin to make changes that will have positive effects on your health. Inside this book you can expect: \*Time saving chapter summaries \*Important facts recap for each chapter's summary \*Our overall analysis of the subject book \*Discussion questions to get you thinking Download your copy today! (Please Note: This summary & analysis was published and written by Personal Growth Publishing. It is NOT affiliated with the original author in any way and it is NOT the original book. You can purchase the original book by visiting this link: <https://amzn.to/2TzoGTJ> ) WARNING: This book has passed copyscape and is plagiarism free. False Copyright Claims will result in legal action. Summary books such as this, Cliff Notes and others are completely legal.

*Summary & Study Guide - The Obesity Code* Hachette UK

This book summary is created for individuals who want to flesh out the important contents and are too busy to go through the entire original book. This book is not intended to replace the original book. Unravel the decades-old mysteries of weight loss in Dr. Jason Fung's groundbreaking book: The Obesity Code. Dr. Jason Fung, a Canadian physician and nephrologist, spent 20 years in the field of medicine treating obese and diabetic patients only to realize he wasn't really treating their illnesses - he was merely treating their symptoms. The Obesity Code provides a comprehensive description of the hows and whys of both weight gain and weight loss. In his compelling book, Dr. Fung speaks the unspoken truth about diets, and challenges the long-held beliefs about the relation of caloric intake to weight loss. Step off that scale, take a seat, and pay attention as Dr. Fung's The Obesity Code exposes the secret behind the obesity epidemic: insulin. Wait no more, take action and get this book now!

*Summary--"The Obesity Code--Unlocking the Secrets of Weight Loss" by Dr. Jason Fung Discussion Prompts* Balance

These guidelines make recommendations regarding the management of individuals with a body mass index greater than 25.0 kg/m<sup>2</sup> and cover all age groups, from children to the elderly, as well as various patient subsets. A range of measures to yield health benefits are set out, including healthy eating plans, increased physical activity, and behavioral modifications to help patients to manage obesity. In addition, recommendations are made on the use of bariatric surgery and the new antiobesity drugs. Throughout the process of developing the recommendations, every attempt was made to ensure use of a rigorous, evidence-based approach. The guidelines are promoted by the Italian Society of Obesity (SIO) and were formulated in compliance with a prespecified process overseen by a steering committee. They are intended for use by a wide range of clinicians, including general practitioners, primary health care nurses, and primary health care professionals, and will hopefully prove of value in combating the obesity epidemic not only in Italy but across Europe and elsewhere in the world.

*The Wellness Code* BenBella Books

FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

[Summary: the Longevity Solution: Rediscovering Centuries-Old Secrets to a Healthy, Long Life](#) Createspace Independent Publishing Platform

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and

practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

#### Summary - The Obesity Code by Jason Fung Victory Belt Publishing

The Obesity Code - A Complete Summary! The Obesity Code is a book written by Dr. Jason Fung. In his book, Dr. Fung touches one of the most sensitive questions about human health: obesity. The Obesity Code is a book in which we can find facts and explanations about why humans usually gain weight and what is preventing people from losing it. We have all seen many people who seem to enjoy any food they like at any time during the day and not gain any weight. Contrary to them, there are people who struggle with losing their weight. They have tried countless methods of losing weight, workouts, and diets, but nothing seems to work for them. What is it that keeps one person slim and fit in an almost effortless way? Why it is that some people cannot seem to lose any weight permanently? What influences losing and gaining weight? These, and many more questions, will be answered in this book. The Obesity Code came out as a result of extensive research and studies made by Dr. Fung. He wanted to discover what lies 'beneath' obesity and why many people have problems with it. After the introduction, we will go to the summary of the book. Our guide consists mostly of the summary. After the summary, we will have the book analysis, quiz with quiz answers, and the conclusion of the book. Let's discover what the obesity code is and if there is a successful and fruitful way of permanently losing those extra pounds. Here Is A Preview Of What You Will Get: - A summarized version of the book. - You will find the book analyzed to further strengthen your knowledge. - Fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about The Obesity Code.

#### *The Cancer Code* HarperCollins

THE REVOLUTIONARY NEW DIET FOR FAST WEIGHT-LOSS, BETTER DIGESTION AND MORE ENERGY  
Everything you need to know to harness the power of intermittent fasting on a ketogenic diet to lose weight, improve digestion, and feel great for life -- with 40 recipes and two distinct 30-day meal plans. Intermittent fasting and ketogenic diets are quickly becoming two of the hottest nutritional trends. And for good reason: when it comes to losing weight, reducing inflammation, controlling blood sugar, and improving gut health, these diets have proven more successful -- and more efficient -- than any other approach. The Beginner's Guide to Intermittent Keto will help you combine the power both to achieve a slimmer waistline and optimal health and vitality for life. Inside, you'll find a breakdown of the science behind the benefits of ketosis and intermittent fasting and two 30-day meal plans -- one for people who prefer to fast for a portion of every day, and one for people who prefer to fast a couple times a week -- that will introduce you to the keto diet and keep you on track. Plus 40 mouthwatering recipes for every meal of the day, including: · Magic Keto Pizza · Pecan Crusted Salmon · Italian Stuffed Peppers · Egg Drop Soup · Herb & Cheddar Baked Avocado Eggs · Berry Cheesecake Bars · Creamy Coconut Chai · And much, much more! With tips and tricks for keto-friendly grocery shopping, easy-to-follow meal plans and recipes, and lifestyle advice to help you get the most out of your diet, The Beginner's Guide to Intermittent Keto will arm you with everything you need to increase your energy and shed those extra pounds for good.

**Dr. Jason Fung's the Obesity Code** Victory Belt Publishing

More than 40 years before Gary Taubes published *The Case Against Sugar*, John Yudkin published his now-classic exposé on the dangers of sugar—reissued here with a new introduction by Robert H. Lustig, the bestselling author of *Fat Chance*. Scientist John Yudkin was the first to sound the alarm about the excess of sugar in the diet of modern Americans. His classic exposé, *Pure, White, and Deadly*, clearly and engagingly describes how sugar is damaging our bodies, why we eat so much of it, and what we can do to stop. He explores the ins and out of sugar, from the different types—is brown sugar really better than white?—to how it is hidden inside our everyday foods, and how it is harming our health. In 1972, Yudkin was mostly ignored by the health industry and media, but the events of the last forty years have proven him spectacularly right. Yudkin's insights are even more important and relevant now, with today's record levels of obesity, than when they were first published. Brought up-to-date by childhood obesity expert Dr. Robert H. Lustig, this emphatic treatise on the hidden dangers of sugar is essential reading for anyone concerned about their health, the health of their children, and the wellbeing of modern society.

#### **Complete Guide To Fasting** Springer

Cracking The Wellness Code has been on our minds for a long time! Quotes on 'wellness' abound through the ages: The part can never be well unless the whole is well Plato Mankind has aspired to long life throughout the ages. He has long recognized that without 'sound mind' and a satisfactory 'quality of life' long life is not an attractive prospect. Philosophers and sages - including the unknown cynic who stated that 'Good health is merely the slowest way to die!' - have offered numerous solutions to this long-standing predicament. This is where the Celebrity Experts shine light on the subject. The Celebrity Experts in this book document the fact that healthy bodies and healthy minds are key ingredients to cracking The Wellness Code. In our lives, there are many different routes to "Wellness" for each of us. There is no panacea. Consequently, these Celebrity Experts focus on the most relevant areas, including: nutrition, diet and exercise, physical and mental health, medical considerations, career wellbeing and healthy habits. In the search for "Wellness" the Celebrity Experts discuss healthy living from the standpoint of balance, lifestyle and mindset. When you read this book, you will find numerous topics of interest written by those who have experienced positive results. The leading coaches in their subject matter have poured out their best tips that clients invest thousands of dollars to glean. This subject matter is set in a contemporary setting for twenty-first century relevance, so read and enjoy..... Mens sane in corpore sana. Juvenal (A sound mind in a sound body)

#### The Diabetes Code Penguin

This is a Summary of Dr. Jason Fung's *The Obesity Code: Unlocking the Secrets of Weight* 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."--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--in everyone--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--for good. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 296 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

#### **Summary of The Obesity Code** John Wiley & Sons

The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link:<http://amzn.to/2ANbtNk>) The average knowledge about how to lose weight is filled with misconceptions. Before you waste your time on an ineffective diet, inform yourself about the secrets of weight loss. The Obesity Code is a book that focuses on debunking myths surrounding weight loss to avoid people from wasting their time and money on a diet that won't provide their desired results. It also gives a lot of insight about what proper nutrition is all about. With Jason Fung's book, you'll be able to develop a set of lifelong habits that will not only control your insulin

levels but also improve your overall health. (Note: This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way) "A recent study suggests that 75 percent of the weight-loss response in obesity is predicted by insulin levels. Not willpower. Not caloric intake. Not peer support or peer pressure. Not exercise. Just insulin." - Jason Fung Many diets just focus on "eating right" but Dr. Jason Fung considers that's not the only significant factor, his method consists of intermittent fasting to break the cycle of insulin resistance (which is the most important factor in weight loss) and reach a healthy weight. Dr. Jason Fung stresses that there are a lot of misconceptions surrounding weight loss and because people don't have the basics down, they struggle when dieting. P.S. The Obesity Code is an extremely helpful book that will help you lose weight for real and for good. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy Delivered to Your Doorstep Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2ANbtNk>

Best Sellers - Books :

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- [I Will Teach You To Be Rich: No Guilt. No Excuses. Just A 6-week Program That Works \(second Edition\)](#)
- [Are You There God? It's Me, Margaret. By Judy Blume](#)
- [Too Late: Definitive Edition](#)
- [Reminders Of Him: A Novel](#)
- [Our Class Is A Family \(our Class Is A Family & Our School Is A Family\) By Shannon Olsen](#)
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