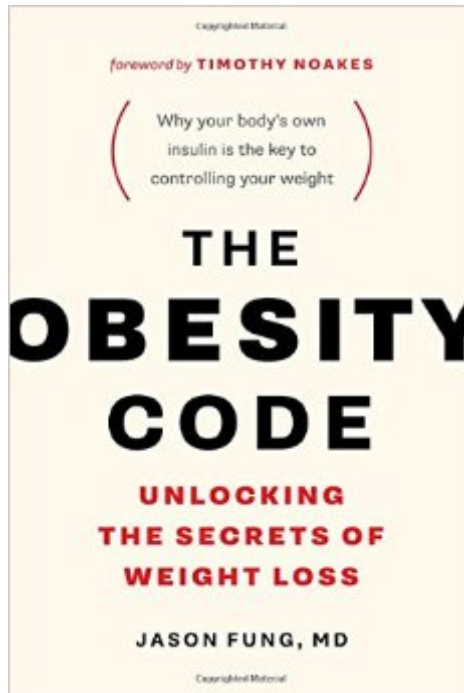


The book was found

# 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

Paperback: 296 pages

Publisher: Greystone Books; 1 edition (March 1, 2016)

Language: English

ISBN-10: 1771641258

ISBN-13: 978-1771641258

Product Dimensions: 6 x 0.9 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (379 customer reviews)

Best Sellers Rank: #621 in Books (See Top 100 in Books) #3 inÂ Books > Medical Books >

Medicine > Internal Medicine > Endocrinology & Metabolism #17 inÂ Books > Health, Fitness &

Dieting > Diets & Weight Loss > Weight Loss #23 inÂ Books > Health, Fitness & Dieting > Diets &

Weight Loss > Other Diets

## 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.

[Download to continue reading...](#)

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

Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Obesity Code: Unlocking the Secrets of Weight Loss ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Overcoming Teen Obesity: How To Reverse Teen And Childhood Obesity Today Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Mudras: Mudras For Weight Loss: 15 Easy Hand Gestures For Easy Weight

Loss (Mudras, Mudras For Beginners, Mudras For Weight Loss) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss)

[Dmca](#)