

The Obesity Code

Readtrepreneur Publishing

The Obesity Code Dr. Jason Fung, 2016-03-03 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 and insulin resistance. Stop suffering and ditch calorie counting, yoyo diets, and excessive exercise. In this highly readable book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He reveals that everything you've been told about how to lose weight is wrong: weight gain is driven by hormones, and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. Dr. Fung 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—permanently.

The Obesity Code Cookbook Dr. Jason Fung, 2019-12-10 New York Times bestselling author Dr. Jason Fung helped thousands of people lose weight with his groundbreaking book *The Obesity Code*. Now, he offers the ultimate companion cookbook, filled with zero carb recipes and intermittent fasting plans to help readers lose weight, manage type 2 diabetes, and increase longevity, all while eating delicious food. In his original bestseller *The Obesity Code*, Dr. Jason Fung showed us that everything about our metabolism, including our weight, depends upon our hormones. He showed us that the hormone insulin triggers our bodies to store calories as fat, and that once we understand weight gain as a result of excess insulin and hormonal imbalance in our body, we can begin to treat it by looking at what's on our plate. Enter *The Obesity Code Cookbook*, a collection of mouthwatering recipes for your journey to lower insulin, lose weight for good, and reverse and prevent type 2 diabetes. More than a recipe book, it comes with bonus material including: A guide to stocking your pantry with the right foods (and ditching the wrong foods); Fung's easy-to-understand explainers on how weight gain and weight loss really work; intermittent fasting FAQs and best practices; and meal plans for 16-hour, 24-hour, and 36-hour fasts. In other words, *The Obesity Code Cookbook* will not only show you what to eat, but also when to eat it—and why. But eating this way doesn't have to be bland. *The Obesity Code Cookbook's* many delicious comfort foods include: Hearty breakfasts like the Everyday Omelette and Coconut Pancakes; Flavorful vegetable mains like Roasted Cauliflower with Turmeric and Tahini and spicy Thai Vegetable Curry Scrumptious seafood such as Scallops with Prosciutto and Chili Garlic Shrimp Meat-forward mains such as Gruyere Meat Loaf, Pork Belly with Star Anise, Roast Chicken Thighs with Lemon and Tea-Braised Duck with Fennel And

don't forget about desserts and snacks: Nut Bars with Chocolate Drizzle, Almond Fig Cake, and Walnut Power Balls are just a few of the delights you'll enjoy while eating your way to a healthier, better you. Praise for Dr. Jason Fung: "The doctor who invented intermittent fasting."—The Daily Mail "Dr. Jason Fung's explanation of insulin resistance and the accompanying insulin model of obesity is original, brilliant and game changing." —Zoë Harcombe, Obesity researcher, author of The Harcombe Diet Dr. Jason Fung triumphs in explaining the core underlying causes of obesity and manages to simplify it in a way that anybody can understand. If more doctors and people were able to understand these causes and implement Dr. Fung's actionable advice then we would be able to start reversing the obesity epidemic tomorrow." —Sam Feltham, USA Today World Fitness Elite Trainer of the Year "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

WORKBOOK For The Obesity Code Orange Books, 2019-08-25 Workbook for The Obesity Code: Unlocking the Secrets of Weight Loss HOW TO USE THIS WORKBOOK FOR ENHANCED APPLICATION In the book The Obesity Code by Dr. Jason Fung, Dr. Fung led us to understand that everything we've been made to believe about how to lose weight is wrong. He went forward to state that 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. The goal of this Workbook is to help readers read, understand and practically begin to apply the major lessons from this great book The Obesity code by Dr Fung. So, as to be able to successfully loss weight and keep the fats away for good. This workbook will help readers to start thinking logically and also help them in making preferable choices in life. It will also help open the reader up to a world of bliss, and expose him to areas hitherto untouched in the original book. But for this to be possible, it's advised that the reader diligently commits to answering the questions herein, so as to enjoy maximum satisfaction. The lessons in this workbook are made easy and straightforward for readers to understand correctly; the action steps will enable the reader to learn the teachings of the original book. The checklist helps the readers to put themselves on check to become a better version of themselves. By providing answers to the questions in this workbook, the reader's expectation for getting this workbook must have been met Remember, this is a weight loss book. Have fun, be patient with yourself, while you enjoy the journey using this workbook. If you Haven't Already, Kindly Scroll Up and Click The Buy Button To Get Started Disclaimer: This is a Workbook review of the book The Obesity Code by Dr. Jason Fung Written by Orange Books and not the original book

Summary Dr. Jason Fung's the Obesity Code Ant Hive Media, 2016-09-23 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.

The OBESITY CODE- the Key to Weight Loss Unlocked Journey Wood, Jason Fung, 2023-03-20 Description Not only insightful, but also unexpectedly humorous. Find out what caused the global obesity crisis and how to stop it, all while learning how to maintain your own slim figure by reading this book. Dr. Jason Fung's insulin resistance explanation and the insulin model of fat that goes along with it are innovative, smart, and transformative. A landmark book that is assisting thousands of individuals in permanently losing weight, from New York Times bestselling author Dr. JASON FUNG. Use the power of fasting intervals to keep the weight off for good. The causes and effects of weight gain and insulin resistance should be understood. Put an end to your anguish and give up on restrictive diets, extreme workout routines, and calorie counting. Dr. Jason Fung, well recognized as the creator of intermittent fasting, now presents a novel explanation for why people gain weight and how to prevent it. Everything you've heard about losing weight is erroneous, he says; obesity is hormone-driven, and we can only lose weight and keep it off by comprehending the role of insulin and insulin resistance. In order to improve your health, Dr. Fung outlines five simple strategies to take control of your insulin. And he details how to use intermittent fasting to finally get to a healthy weight and end the vicious cycle of insulin resistance.

Summary of the Obesity Code Summary Books, 2017-04-04 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.

Summary Readtrepreneur Publishing,2018-03-12 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>

Summary: Dr. Jason Fung's the Obesity Code: Unlocking the Secrets of Weight Loss Sarah Fields,2019-02-18 According to Dr. Jason Fung, everything that you have believed about how to lose weight is wrong. In everyone, weight gain and obesity are driven by hormones. Only by understanding the effects of your body's insulin and its insulin resistance can we achieve lasting weight loss. In this new provocative book The Obesity Code: Unlocking the Secrets of Weight Loss, Dr. Jason Fung begins an original and robust theory of obesity. In this theory, he provides startling insights into your body and the proper nutrition for it. Dr. Fung showed five basic steps to weight loss. He writes a set of lifelong habits that will further improve your health and also control your insulin levels. Dr. Fung explains how you can effectively use intermittent fasting to break the cycle of insulin resistance and reach your ideal healthy weight for good. In this comprehensive look into The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available

Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

The Obesity Code Instaread,2016-05-12 *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.

Summary of *The Obesity Code* Readtrepreneur Publishing,2019-05-24 *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) 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. 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 Grab your Copy 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.

Summary - The Obesity Code by Jason Fung Instant-Summary,2017-12-11 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.

Summary Quality Summaries,2018-12-14 IMPORTANT NOTE: This is a book summary of The Obesity Code by Jason Fung and is not the original book. In his important book, Dr. Fung takes aim at age old myths about weight control and the 'perfect diet'. The result? An adaptable, sustainable plan where no foods are off limits and no food groups are excluded while addressing larger underlying issues related to hormones, appetite, insulin resistance and fat storage. This book allows you to skip to the nuggets of wisdom and actionable content in a very easily absorbed, readable way including key takeaways at the end of each chapter. This book summarizes the original in detail, to help people effectively understand, articulate and imbibe the original work by Fung. This book is not meant to replace the original book but to serve as a companion to it. Improve your health and lose weight fast! Purchase your copy today.

The Obesity Code ,2018 This book summary and analysis was created for individuals who want to extract the essential

contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. 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 E. Z. - Summary, CREATESPACE INDEPENDENT PUB, 2017-03-28 *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*.

Summary - the Obesity Code Goldmine Reads, 2017-05-14 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 of The Obesity Code Go Books, 2020-03-06 Go BOOKS offers an in-depth look into some of the most popular and informative books of the last two decades. Whether you are using this book as a study guide, reference material, further connection to the original book or simply a way to retrieve the content and material faster... Our goal is to provide value to every reader. This summary book breaks down all the big ideas, key points and facts so the reader can quickly and easily understand the content. In this book you will find: - Summary of the book - Introduction - Background Information about the book - Background information about the author - Trivia Questions - Discussion Questions Note to readers: This is an unofficial summary & analysis of Dr. Jason Fung's book *The Obesity Code: Unlocking the Secrets of Weight Loss*, designed to enrich your reading experience.

Summary: The Obesity Code by Jason Fung: Unlocking the Secrets of Weight Loss Napoleon Hook, 2018-09-04
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 Study Guide Journal and Workbook It's about Time, 2019-08-22 Dr. Jason Fung's best selling book, *The Obesity Code*, has given hundreds of thousands new hope for solving their obesity and associated health problems for once and for all. This companion book is designed to help those who wish to get really serious and absorb the information in depth. Section One consists of one to four pages per chapter identifying highlights and key concepts from the book, along with study or discussion questions that help make the material relevant to your life. Section Two provides an essential tool for putting Dr. Fung's advice to give his program a try for a month: a month's worth of special planner/journal pages to record your plans and experience, track your food and fasting, assess your progress, and make plans for even more success in the future. Why not get started today? *It's About Time* brings you a wide array of beautiful, high quality planners, journals, diaries, organizers, specialty journals, composition notebooks, notebooks, sketchbooks, and other paper delights -- all just waiting for your creative and inspired input, your notes and ideas, to do lists, sketches and doodles, anything and everything you want to commit to paper.

Summary of The Obesity Code by Dr. Jason Fung Dependable Publishing, 2019-10-29 * An excellent book, probably the best weight loss/ diet/health book you'll ever read! * Explains how insulin/insulin resistance is the real cause of weight

gain and obesity! * Explains the specific, 5-step approach for lowering insulin and breaking insulin resistance! * Explains the strategic 2-step process for achieving permanent weight loss! * Lists of dos, don'ts, foods, steps, etc. Very well-written and easy to understand! THE OBESITY CODE by Dr. Jason Fung is an excellent book and probably the best weight-loss/diet/health book you'll ever read. The central thrust of the book is this: (1). That weight gain/obesity is not caused by the eating of excess calories and/or failure to exercise, but by the prolonged excessive levels of insulin and insulin resistance in one's body (a hormonal dysfunction). (2). Thus, that the secret to permanent weight loss and defeating obesity, is not to eat less and move more (as we've all been told), rather it is to break one's cycle of insulin resistance by eliminating added sugars and processed foods from one's diet, along with practicing intermittent fasting! The book explains why: eating less does not result in lasting weight loss; overeating does not cause weight gain; exercise is irrelevant to weight loss; insulin is the decisive element in weight gain/loss, obesity and type 2 diabetes; prescribing insulin for type 2 diabetes is wrong; and why most diets work for a while, then fail. The book also explains how: excess cortisol, stress and sleep deprivation cause weight gain; refined carbs cause overeating and carb addiction; high insulin causes weight gain; intermittent fasting can break your insulin resistance; sugar is so fattening and why fruit sugar (fructose) is the most dangerous sugar for the human body; artificial sweeteners spike insulin levels, cause weight gain, obesity and diabetes. Finally, the book provides us with the strategic two-step process to long-term weight loss and the specific, five-step (step-by-step) approach of how to lower your insulin level and beat obesity. The book is written clearly, highly readable and very easy to understand. So, we are very pleased to recommend this book. This book will blow your mind! This book will change your life! And even if you are not suffering from excess weight, this book will still open your eyes in a whole new way. This is an excellent summary and guide to the main book. This summary is thorough and very-well written, a virtual tour de force! It is definitely highly recommended! So, there's no need to hesitate over this one! BUY THIS SUMMARY NOW!

Summary of the Obesity Code Sarah Fields, 2019 The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung According to Dr. Jason Fung, everything that you have believed about how to lose weight is wrong. In everyone, weight gain and obesity are driven by hormones. Only by understanding the effects of your body's insulin and its insulin resistance can we achieve lasting weight loss. In this new provocative book The Obesity Code: Unlocking the Secrets of Weight Loss, Dr. Jason Fung begins an original and robust theory of obesity. In this theory, he provides startling insights into your body and the proper nutrition for it. Dr. Fung showed five basic steps to weight loss. He writes a set of lifelong habits that will further improve your health and also control your insulin levels. Dr. Fung explains how you can effectively use intermittent fasting to break the cycle of insulin resistance and reach your ideal healthy weight for good. In this comprehensive discussion prompts guide into The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared with the following: Discussion aids include a wealth of prompts and

informationOverall plot synopsis and author biographySave time preparing for group discussions or for self-studyThought-provoking discussion questions for a deeper examinationCreative exercises to foster alternate if this was you discussionsAnd more!Disclaimer: This is a companion guide based on the work The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and is not affiliated to the original work or author in any way. It does not contain any text of the original work. If you haven't purchased the original work, we encourage you to do so first.

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The Obesity Code Introduction

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