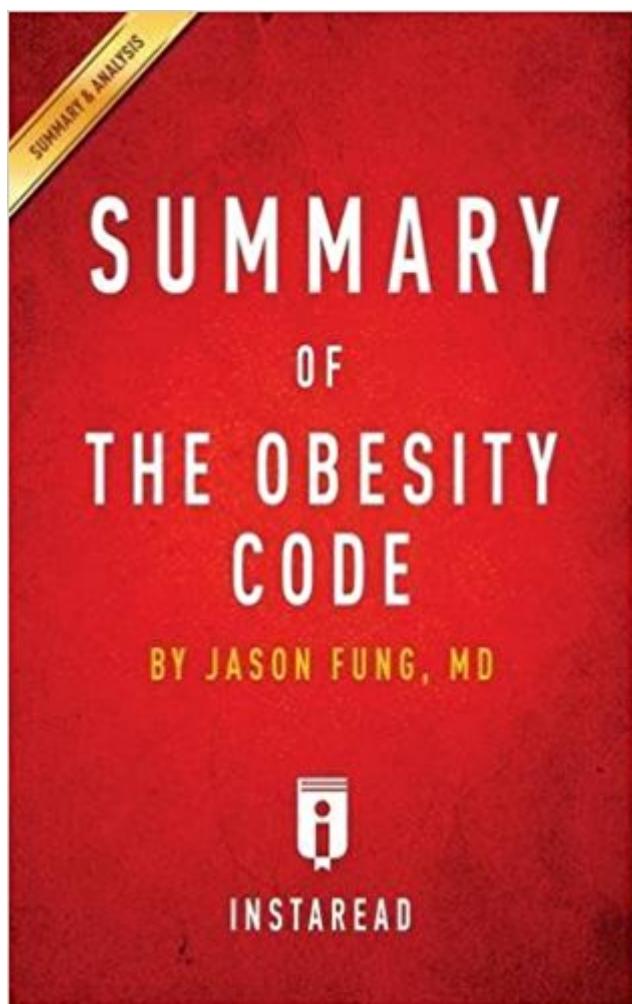The book was found

Summary Of The Obesity Code: By Jason Fung - Includes Analysis

Synopsis

Summary of The Obesity Code by Jason Fung - Includes 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.

Book Information

Paperback

Publisher: Idreambooks (May 13, 2016)

Language: English

ISBN-10: 1683780558

ISBN-13: 978-1683780557

Product Dimensions: 5 x 0.1 x 8 inches

Shipping Weight: 2.9 ounces

Average Customer Review: 3.0 out of 5 stars   34 customer reviews

Best Sellers Rank: #592,489 in Books (See Top 100 in Books)   #74 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System   #259 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism   #1141 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

This book is only a few pages long. It is a very brief synopsis of a very in- depth book. This does not contain enough information to be considered a review, never mind a concise summary. Save your money and invest in the real book.

This book is absolutely useless. You will learn nothing from this text that you cannot learn from Dr. Fung's website. This is not a summary by any stretch, but rather a convenient method to sell a pig in a poke! I only wish I did not have to grant a star in order to complete this review!! In, summary, of this Summary, DO NOT BUY!!!!!

This is the worst summary I have ever read. It is 20 pages and all it does it outline the 8 Takeaway Points. It has ZERO information on the program such as what and when to eat.

Does not download all pages and they are not in order. Pages repeat and don't make sense. Complete waste of money.

I mistakenly thought this was going to be a complete outline of the book, rather than just an introduction. I simply wasted a dollar. I should have bought the complete book

Buy the book instead of this summary!

Complete waste of money. I have already read this book but thought I could share this with my physician. Better to open the window and throw your money away.Pulled some random facts that could be condensed to three sentences. Missed major message. So sad.

Excellent book that summarizes many issues related to the current obesity epidemic. I have been working with Public Health for many years and the book provides a good base for the discussion of policies to contain the obesity epidemic with the consequent increase of Diabetes. The full book is a must.

<u>Download to continue reading...</u>

Summary: The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and Timothy Noakes: Understand Main Takeaways and Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet) Summary of the Obesity Code: By Jason Fung - Includes Analysis Summary of Jason Fung's The Obesity Code: Key Takeaways & Analysis Summary - The Invention

Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Summary of Outliers the Story of Success by Malcolm Gladwell: Book Summary Includes Analysis Summary of Pre-suasion: A Revolutionary Way to Influence and Persuade by Robert Cialdini PhD: Book Summary Includes Analysis Summary of The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk, M.D. | Book Summary Includes Analysis Summary of The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future by Kevin Kelly | Book Summary Includes Analysis Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback,Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) Cartel: A Jason King Thriller (The Jason King Files Book 1) Betrayed: A Jason King Thriller (Jason King Series Book 4) Isolated: A Jason King Thriller (Jason King Series Book 1) Hard Impact: A Jason King Operation (Jason King Series Book 0) The League of Governors: Chronicle Two-Jason in the Adventures of Jason Lex Overcoming Teen Obesity: How To Reverse Teen And Childhood Obesity Today 2012 International Plumbing Code (Includes International Private Sewage Disposal Code) (International Code Council Series) Building Code Basics: Commercial; Based on the International Building Code (International Code Council Series) Summary of Between the World and Me: by Ta-Nehisi Coates | Includes Analysis Summary of When Things Fall Apart: by Pema Chodron: Includes Key Takeaways & Analysis