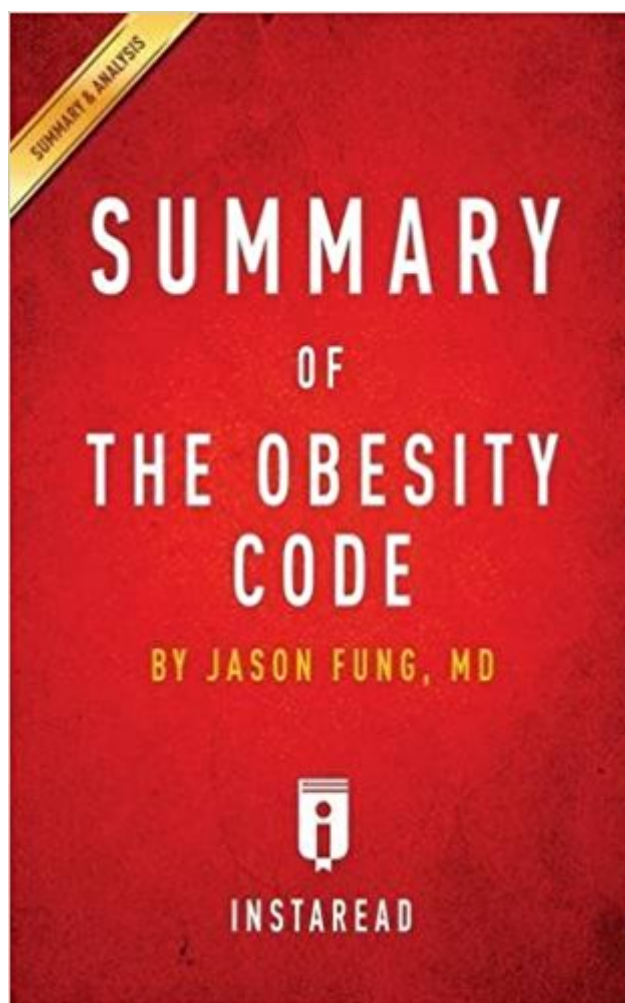


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Summary Of The Obesity Code: By Jason Fung - Includes Analysis



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.

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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.

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