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Summary Of Jason Fung's The Obesity Code: Key Takeaways & Analysis



Synopsis

Don't miss this summary of Jason Fung's groundbreaking book *The Obesity Code: Unlocking the Secrets of Weight Loss*. Fung's book will shatter everything you thought you knew about calories and weight gain while providing significant scientific evidence for his alternative theory. This summary provides key takeaways and analysis to help you quickly absorb the most pertinent aspects of his thoroughly researched book, allowing you to unlock the secrets to your own weight loss and metabolic health. What will you learn from this book? The dieting myths and half-truths that keep people hungry and lethargic with no weight loss to show for it How and why the incidence of obesity surged from the 1970s How the government and big food companies are complicit in the ballooning of the obesity epidemic Why obesity is a disorder of hormonal imbalance, not caloric imbalance or physical inactivity The meal choices and eating habits that raise insulin levels and make people fat How to reverse weight gain with healthy food choices and intermittent fasting

Book Summary Overview In "The Obesity Code," Jason Fung settles one of the most divisive debates of the last 50 years: what makes people fat, and what can the regular Joe do to cut some weight? He reframes obesity from a reprehensible disease of gluttony and sloth to a hormonal imbalance disorder than can be reversed with healthy choices and intermittent fasting. This book is a must-listen for anyone who wants to shed off some extra weight without counting calories. Please note: This is a summary, analysis and review of the book and not the original book.

Book Information

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Customer Reviews

SumoReads is a new offering in the book summary line, providing an overview of published books to enable a reader to get a preview of books before buying. Summary of Jason Fung's The Obesity Code is the first SumoReads book I've read, and I must say, I was impressed. The executive summary of this book, which addresses the myths surrounding obesity and dieting, provided in itself an effective overview of the book, supported by detailed discussions of the book's main takeaways and an editorial review at the end. After reading this brief summary, you'll come away well-prepared to make a buy/don't buy decision about a book.

After reading the original book...this is a nice quick refresher when I need it. Very concise and written well. Great summary

Because Prime says the original book "Obesity Code" would not be shipped for 1-4 weeks, I decided to get the "Cliff Notes" version. This is really just a pamphlet, the core of it is 23 pages (pgs 6-29). Kinda pricey at \$7, IMHO, but if you want the gist of the book, I guess it's worth it, although all the info could be found online, under Jason Fung or Jimmy Moore.

I bought the audio book and found it quite interesting, but soon got bogged down with too much information. This summary helped me get the main points I was looking for. Really helpful!

good summary. very interesting topic for a peri-menopausal women who cannot lose weight.

A wealth of information. I can't wait to implement This! This was recommended by a local Dr., who has tested and tried this.

Loved the breakdown of the biochemical explanations. This certainly is contradicting "main steam" practice, however great research and I'm going to give it a try!

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