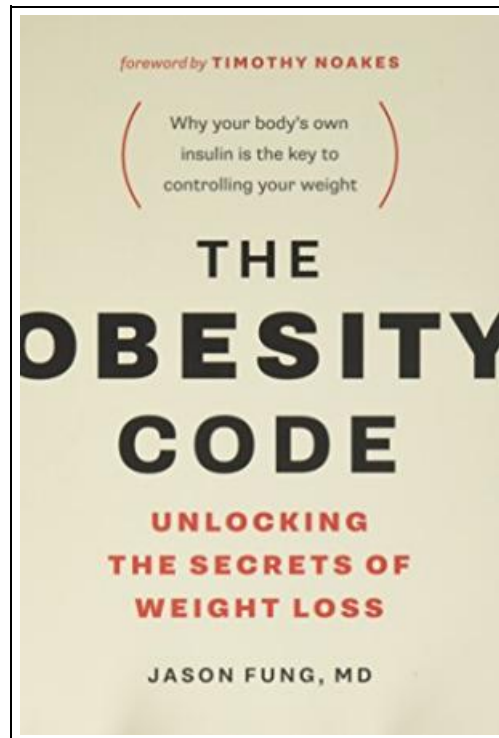


The Obesity Code: Unlocking the Secrets of Weight Loss



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THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS



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Greystone Books. Paperback. Condition: New. 296 pages. Dimensions: 6.0in. x 0.2in. x 9.0in. The Obesity Code explores the latest in nutritional science to unearth the root causes of obesity. Rigorous examination of the evidence reveals serious flaws in our fundamental belief that eating too much and moving too little leads to obesity. Unchallenged faith in the calories in/calories out model has actually resulted in our inability to reverse the rapid increase in obesity. In this highly readable and provocative book, Dr. Jason Fung sets out an original, more robust theory of obesity that provides startling insights into proper nutrition. Obesity is a hormonal, not a caloric, imbalance. Dr. Fung provides practical, effective advice on weight loss and the treatment of type-2 diabetes based on sound scientific principles. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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