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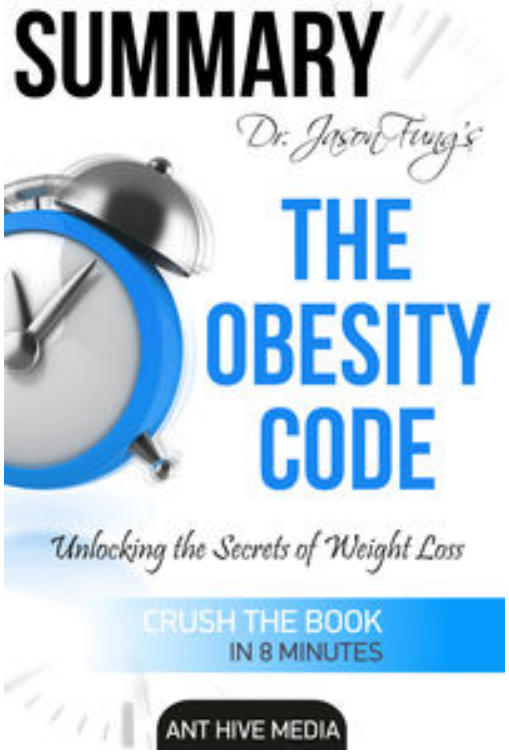


**Download or Read Online Dr. Jason Fung's The Obesity Code: Unlocking the Secrets of Weight Loss Summary Ant Hive Media Free eBook PDF/ePub/Mobi/Mp3/Txt**, This is a Summary of Dr. Jason Fung's The Obesity Code: Unlocking the Secrets of Weight

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.

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