

jason fung diet

jason fung diet has gained significant attention for its innovative approach to weight management and metabolic health. Developed by Dr. Jason Fung, a Canadian nephrologist, this diet emphasizes intermittent fasting combined with a low-carbohydrate, high-fat nutritional plan. The core principle revolves around managing insulin levels to promote fat loss and improve conditions such as type 2 diabetes. This comprehensive guide explores the fundamentals of the Jason Fung diet, its scientific basis, key components, health benefits, and practical implementation strategies. Understanding this diet provides valuable insight into its effectiveness and how it differs from traditional calorie-restriction methods. The following sections will cover the main aspects of the Jason Fung diet, offering a detailed overview for anyone interested in metabolic health optimization.

- Understanding the Jason Fung Diet
- Core Principles of the Diet
- Intermittent Fasting in the Jason Fung Diet
- Dietary Guidelines and Food Choices
- Health Benefits and Scientific Evidence
- Implementing the Jason Fung Diet Safely

Understanding the Jason Fung Diet

The Jason Fung diet is centered around the regulation of insulin, a hormone that plays a crucial role in fat storage and metabolism. Dr. Fung's approach focuses on reducing insulin resistance through strategic eating patterns, primarily intermittent fasting combined with a ketogenic or low-carbohydrate diet. Unlike conventional diets that emphasize calorie counting, this method targets hormonal balance to facilitate sustainable weight loss and metabolic improvements.

The Role of Insulin

Insulin is a hormone secreted by the pancreas in response to blood sugar levels. When insulin levels are consistently high due to frequent eating, especially carbohydrate-rich meals, the body tends to store fat rather than burn it. The Jason Fung diet aims to lower insulin levels by extending periods without food intake, allowing the body to shift from glucose to fat

as its primary energy source.

Historical Context and Development

Dr. Fung developed his dietary approach after observing limitations in traditional weight loss treatments for patients with type 2 diabetes and obesity. He incorporated intermittent fasting protocols and low-carb nutrition based on emerging research about insulin dynamics and metabolic health, creating a practical and effective framework for his patients.

Core Principles of the Diet

The Jason Fung diet operates on several foundational principles that differentiate it from other dietary plans. These principles emphasize hormonal regulation, metabolic flexibility, and sustainable lifestyle changes rather than temporary dieting.

Hormonal Regulation over Calorie Counting

Traditional diets often focus on reducing caloric intake to create a deficit. In contrast, Jason Fung's philosophy prioritizes controlling insulin levels through meal timing and macronutrient composition. This approach helps prevent the body's natural defense mechanisms against weight loss, such as metabolic slowdown and increased hunger.

Promoting Metabolic Flexibility

Metabolic flexibility refers to the body's ability to efficiently switch between burning carbohydrates and fats for energy. The Jason Fung diet fosters this adaptability by allowing prolonged fasting periods and minimizing carbohydrate intake, encouraging the body to utilize fat stores effectively.

Emphasizing Whole, Nutrient-Dense Foods

Rather than focusing on calorie restriction, the diet encourages consuming whole foods that support satiety and nutritional adequacy. This includes healthy fats, moderate protein, and low-carbohydrate vegetables, which contribute to balanced blood sugar and insulin levels.

Intermittent Fasting in the Jason Fung Diet

Intermittent fasting is a cornerstone of the Jason Fung diet, involving scheduled periods of eating and fasting to manipulate insulin dynamics and improve metabolic health.

Types of Fasting Protocols

The diet offers several fasting options tailored to individual needs and lifestyles. Common fasting protocols include:

- **16/8 Method:** Eating within an 8-hour window followed by a 16-hour fast daily.
- **24-Hour Fast:** Fasting for a full day once or twice a week.
- **Alternate-Day Fasting:** Alternating between fasting days and normal eating days.
- **Extended Fasts:** Fasts lasting longer than 24 hours under medical supervision.

Physiological Effects of Fasting

During fasting periods, insulin levels drop, triggering fat breakdown and ketone production for energy. This metabolic shift not only supports weight loss but also enhances insulin sensitivity and reduces inflammation, contributing to overall health improvements.

Dietary Guidelines and Food Choices

The Jason Fung diet incorporates specific nutritional recommendations that complement fasting protocols to optimize insulin regulation and metabolic function.

Low-Carbohydrate, High-Fat Focus

The diet emphasizes reducing carbohydrate intake to minimize insulin spikes. Healthy fats become the primary energy source, including foods such as avocados, nuts, seeds, olive oil, and fatty fish. Protein intake is moderate to maintain muscle mass without stimulating excessive insulin secretion.

Recommended Foods

- Non-starchy vegetables (leafy greens, broccoli, cauliflower)
- Healthy fats (olive oil, coconut oil, butter, nuts)
- Moderate amounts of high-quality protein (eggs, poultry, fish)
- Limited low-sugar fruits (berries)
- Avoidance of processed foods, refined sugars, and grains

Hydration and Electrolyte Balance

Proper hydration and electrolyte management are critical during fasting phases to prevent side effects like headaches and fatigue. The diet encourages drinking water, herbal teas, and consuming mineral-rich foods or supplements as needed.

Health Benefits and Scientific Evidence

The Jason Fung diet is supported by growing scientific data highlighting the advantages of intermittent fasting and low-carbohydrate nutrition for metabolic health.

Weight Loss and Fat Reduction

By lowering insulin levels and promoting fat oxidation, the diet facilitates significant and sustainable weight loss. Studies indicate that intermittent fasting can reduce body fat percentage while preserving lean muscle mass.

Improved Insulin Sensitivity and Diabetes Management

Research shows that intermittent fasting combined with carbohydrate restriction improves insulin sensitivity, blood sugar control, and may even reverse type 2 diabetes in some cases. These outcomes align with Dr. Fung's clinical observations.

Cardiovascular and Inflammatory Benefits

The diet's emphasis on healthy fats and reduced sugar intake contributes to better lipid profiles, lower blood pressure, and decreased markers of

systemic inflammation, supporting cardiovascular health.

Implementing the Jason Fung Diet Safely

While the Jason Fung diet offers numerous health benefits, proper implementation is essential to ensure safety and effectiveness.

Consultation with Healthcare Providers

Individuals with medical conditions, especially diabetes or those on medications affecting blood sugar, should seek professional guidance before starting the diet. Adjustments in medication and monitoring are often necessary.

Gradual Introduction of Fasting

Beginning with shorter fasting windows and gradually increasing duration allows the body to adapt and minimizes potential side effects such as dizziness or irritability.

Monitoring Nutritional Intake

Maintaining balanced nutrition during eating periods is critical to prevent nutrient deficiencies. Incorporating a variety of nutrient-dense foods ensures adequate vitamin and mineral consumption.

Potential Side Effects and Management

Common side effects during the initial phase include hunger, headaches, and fatigue. These symptoms usually subside as the body adjusts. Staying hydrated and maintaining electrolyte balance can alleviate discomfort.

Frequently Asked Questions

Who is Jason Fung and what is his diet philosophy?

Jason Fung is a Canadian nephrologist and author known for promoting intermittent fasting and low-carb diets to manage weight and type 2 diabetes. His diet philosophy emphasizes reducing insulin levels through fasting and dietary changes to improve metabolic health.

What are the main components of the Jason Fung diet?

The main components of the Jason Fung diet include intermittent fasting, a low-carbohydrate or ketogenic diet, and avoiding processed sugars and refined carbohydrates to help regulate insulin and promote fat loss.

How does intermittent fasting work in Jason Fung's diet plan?

In Jason Fung's diet plan, intermittent fasting involves cycling between periods of eating and fasting to lower insulin levels, improve insulin sensitivity, and promote fat burning. Common fasting schedules include 16:8 or longer fasts depending on individual goals.

Is the Jason Fung diet effective for weight loss and diabetes management?

Many people have found the Jason Fung diet effective for weight loss and managing type 2 diabetes by controlling insulin levels and reducing blood sugar through fasting and low-carb eating, though individual results may vary and medical supervision is recommended.

Can anyone follow the Jason Fung diet safely?

While many can benefit from the Jason Fung diet, it may not be suitable for everyone, especially pregnant or breastfeeding women, people with certain medical conditions, or those on medications affecting blood sugar. Consulting a healthcare professional before starting is advised.

What foods are recommended and avoided in the Jason Fung diet?

Recommended foods in the Jason Fung diet include healthy fats, moderate protein, non-starchy vegetables, and whole foods. Foods to avoid are sugary snacks, refined carbohydrates, processed foods, and high-glycemic-index items that spike insulin levels.

Additional Resources

1. The Obesity Code: Unlocking the Secrets of Weight Loss

Dr. Jason Fung explores the underlying causes of obesity, highlighting the role of insulin and hormonal imbalance. This book challenges conventional calorie-restriction methods and introduces the concept of intermittent fasting as a powerful tool for weight loss. It's a comprehensive guide that blends science with practical advice for sustainable health.

2. The Complete Guide to Fasting: Heal Your Body Through Intermittent,

Alternate-Day, and Extended Fasting

Co-authored by Jason Fung, this guide delves deep into various fasting protocols and their health benefits. It offers practical tips, meal plans, and scientific explanations to help readers safely implement fasting into their daily routines. The book is ideal for those seeking to improve metabolic health and lose weight naturally.

3. The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally

In this book, Fung addresses the root causes of type 2 diabetes and presents a natural approach to managing and reversing the disease. Emphasizing dietary changes and intermittent fasting, the book provides readers with strategies to regain control over their health without relying solely on medication.

4. Intermittent Fasting: The Essential Beginner's Guide

This beginner-friendly book introduces the basics of intermittent fasting, including different fasting schedules and their benefits. It offers practical advice on how to start fasting safely and effectively, making it accessible for those new to the concept. The guide also dispels common myths and misconceptions about fasting.

5. The Longevity Solution: Rediscovering Centuries-Old Secrets to a Healthy, Long Life

While not authored by Fung, this book complements his diet philosophy by exploring traditional dietary practices that promote longevity. It discusses the benefits of fasting, calorie restriction, and whole-food nutrition, providing a holistic approach to health and aging. Readers interested in extending their lifespan will find valuable insights here.

6. Eat Stop Eat: The Shocking Truth That Makes Weight Loss Simple Again

This book popularizes intermittent fasting as an effective weight loss method, aligning well with Fung's principles. It explains how periodic fasting can reset metabolism and improve fat burning without complex dieting rules. The straightforward approach empowers readers to regain control over their eating habits.

7. The Fast Diet: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting

Developed by Dr. Michael Mosley, this book shares a practical intermittent fasting plan known as the 5:2 diet. It complements Fung's teachings by demonstrating the effectiveness of fasting for weight management and health improvement. The book includes meal plans and success stories to motivate readers.

8. Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy

Dr. Joseph Mercola's book emphasizes the benefits of a ketogenic diet combined with intermittent fasting, similar to Fung's approach. It explains how shifting to fat as the primary energy source can enhance health and prevent disease. The book offers recipes and lifestyle tips to support this metabolic transformation.

9. *Delay, Don't Deny: Living an Intermittent Fasting Lifestyle*

Written by Gin Stephens, this book promotes intermittent fasting as a sustainable lifestyle rather than a quick fix. It provides practical advice, motivational strategies, and personal anecdotes to help readers adopt fasting seamlessly. The philosophy aligns closely with Jason Fung's emphasis on flexibility and long-term health benefits.

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jason fung diet: The Obesity Code Dr. Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss. Understand the science of weight gain and insulin resistance. Stop suffering and ditch calorie counting, yoyo diets, and excessive exercise. In this highly readable book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He reveals that everything you've been told about how to lose weight is wrong: weight gain is driven by hormones, and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. Dr. Fung shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—permanently.

jason fung diet: The Obesity Code Cookbook Dr. Jason Fung, 2019-12-10 New York Times bestselling author Dr. Jason Fung helped thousands of people lose weight with his groundbreaking book *The Obesity Code*. Now, he offers the ultimate companion cookbook, filled with zero carb recipes and intermittent fasting plans to help readers lose weight, manage type 2 diabetes, and increase longevity, all while eating delicious food. In his original bestseller *The Obesity Code*, Dr. Jason Fung showed us that everything about our metabolism, including our weight, depends upon our hormones. He showed us that the hormone insulin triggers our bodies to store calories as fat, and that once we understand weight gain as a result of excess insulin and hormonal imbalance in our body, we can begin to treat it by looking at what's on our plate. Enter *The Obesity Code Cookbook*, a collection of mouthwatering recipes for your journey to lower insulin, lose weight for good, and reverse and prevent type 2 diabetes. More than a recipe book, it comes with bonus material including: A guide to stocking your pantry with the right foods (and ditching the wrong foods); Fung's easy-to-understand explainers on how weight gain and weight loss really work; intermittent fasting FAQs and best practices; and meal plans for 16-hour, 24-hour, and 36-hour fasts. In other words, *The Obesity Code Cookbook* will not only show you what to eat, but also when to eat it—and why. But eating this way doesn't have to be bland. *The Obesity Code Cookbook's* many delicious comfort foods include: Hearty breakfasts like the Everyday Omelette and Coconut Pancakes; Flavorful vegetable mains like Roasted Cauliflower with Turmeric and Tahini and spicy Thai Vegetable Curry Scrumptious seafood such as Scallops with Prosciutto and Chili Garlic Shrimp Meat-forward mains such as Gruyere Meat Loaf, Pork Belly with Star Anise, Roast Chicken Thighs with Lemon and Tea-Braised Duck with Fennel And don't forget about desserts and snacks: Nut Bars with Chocolate Drizzle, Almond Fig Cake, and Walnut Power Balls are just a few of the delights

you'll enjoy while eating your way to a healthier, better you. Praise for Dr. Jason Fung: "The doctor who invented intermittent fasting."—The Daily Mail "Dr. Jason Fung's explanation of insulin resistance and the accompanying insulin model of obesity is original, brilliant and game changing." —Zoë Harcombe, Obesity researcher, author of The Harcombe Diet Dr. Jason Fung triumphs in explaining the core underlying causes of obesity and manages to simplify it in a way that anybody can understand. If more doctors and people were able to understand these causes and implement Dr. Fung's actionable advice then we would be able to start reversing the obesity epidemic tomorrow." —Sam Feltham, USA Today World Fitness Elite Trainer of the Year "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

jason fung diet: The Complete Guide to Fasting Jimmy Moore, Jason Fung, 2016-10-18
Thousands of books have been written about the latest and greatest diets that will help people lose weight and improve health. But a key element in any successful nutritional health program is a tried-and-true method that most people haven't thought about. This ancient secret is fasting. In *The Complete Guide to Fasting*, he has teamed up with international bestselling author and veteran health podcaster Jimmy Moore to explain what fasting is really about, why it's so important, and how to fast in a way that improves health.

jason fung diet: Life in the Fasting Lane Dr. Jason Fung, Eve Mayer, Megan Ramos, 2020-04-07
Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. What do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? *Life in the Fasting Lane* fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

jason fung diet: The Hunger Code Dr. Jason Fung, 2026-03-03
THE FOLLOW-UP TO THE MULTI-MILLION COPY BESTSELLER THE OBESITY CODE
The Obesity Code helped thousands of people lose weight naturally. The Hunger Code will help thousands more lose weight—and keep it off—in an era of weight-loss drugs and ultra-processed foods...without counting calories. For generations, we've accepted the story that weight loss can never last—that as soon as we go off the diet or stop taking the medication, we revert to our old habits, regain the weight, and the calorie-counting journey starts all over again. Traditional medicine continues to treat the symptom of weight gain rather than addressing its root causes. Too often, healthcare systems intervene with quick fixes and short-term solutions, ignoring the factors that lead to sustainable weight loss that can last a lifetime. What if the secret to long-term weight maintenance and better health isn't just about what you eat—or even when you eat—but why you eat? With the food industry's reliance on ultra-processed foods and the popularity of Ozempic and Mounjaro, understanding the forces behind why we eat is more important than ever before. In *The Hunger Code*, New York Times bestselling author Dr. Jason Fung reveals the three powerful forces that drive us to eat: Physical Hunger Emotional Hunger Social Hunger Dr. Fung also introduces the concept of the body's "fat thermostat"—a biological "set point" that regulates how much fat your body tries to maintain. Guided by hormones and metabolism, this internal system drives hunger and energy use, explaining why lasting weight loss requires more than just willpower ... With three Golden Rules and 50 actionable tips, *The Hunger Code* empowers you to recognize and respond to hunger appropriately. Learn how to slow digestion, break emotional eating cycles, and overcome social pressures to eat

constantly, so you can maintain a healthy weight—from scratch, after fasting, or after using weight-loss drugs.

jason fung diet: *Summary of the Obesity Code by Jason Fung: Conversation Starters* Bookhabits, 2017-11-29 The Obesity Code by Jason Fung: Conversation Starters The Obesity Code: Unlocking the Secrets of Weight Loss is Dr. Jason's Fung's view on what really causes obesity, how it came to be such a prominent issue in society today, and what can be done to prevent it. Major topics within the book touch on hormonal shifts, insulin resistance, poverty, the food industry, diabetes, improving the diet, and fasting. According to Dr. Fung, insulin resistance is caused by hormonal shifts within the body, not by an increased number of calories within the diet. The science behind Fung's theory is offered within every section of the book. The end of the book contains a special section offering a meal plan which revolves around periods of fasting. This book is today's guide to losing weight and becoming healthier by adding periods of fasting to the diet. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to... Create Hours of Conversation: - Promote an atmosphere of discussion for groups - Foster a deeper understanding of the book - Assist in the study of the book, either individually or corporately - Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource meant to supplement the original book. If you have not yet read the original book, we encourage you to before purchasing this unofficial Conversation Starters.

jason fung diet: *Summary of The Obesity Code* Readtrepreneur Publishing, 2019-05-24 The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) The average knowledge about how to lose weight is filled with misconceptions. Before you waste your time on an ineffective diet, inform yourself about the secrets of weight loss. The Obesity Code is a book that focuses on debunking myths surrounding weight loss to avoid people from wasting their time and money on a diet that won't provide their desired results. It also gives a lot of insight about what proper nutrition is all about. With Jason Fung's book, you'll be able to develop a set of lifelong habits that will not only control your insulin levels but also improve your overall health. (Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with the original author in any way) A recent study suggests that 75 percent of the weight-loss response in obesity is predicted by insulin levels. Not willpower. Not caloric intake. Not peer support or peer pressure. Not exercise. Just insulin. - Jason Fung Many diets just focus on eating right but Dr. Jason Fung considers that's not the only significant factor, his method consists of intermittent fasting to break the cycle of insulin resistance (which is the most important factor in weight loss) and reach a healthy weight. Dr. Jason Fung stresses that there are a lot of misconceptions surrounding weight loss and because people don't have the basics down, they struggle when dieting. P.S. The Obesity Code is an extremely helpful book that will help you lose weight for real and for good. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

jason fung diet: *The Diabetes Code* Dr. Jason Fung, 2018-04-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG • “The doctor who invented intermittent fasting.” —The Daily Mail “Dr. Fung reveals how [type 2 diabetes] can be prevented and also reversed using natural dietary methods instead of medications ... This is an important and timely book. Highly recommended.” —Dr. Mark Hyman, author of The Pegan Diet “Dr. Jason Fung has done it again. ... Get this book!” —Dr. Steven R. Gundry, author of The Plant Paradox Everything you believe about treating type 2 diabetes is wrong. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility

of parole. But the truth, as Dr. Fung reveals in this groundbreaking book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, Dr. Fung explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. “The Diabetes Code is unabashedly provocative yet practical ... a clear blueprint for everyone to take control of their blood sugar, their health, and their lives.”—Dr. Will Cole, author of *Intuitive Fasting*

jason fung diet: *Summary Dr. Jason Fung's the Obesity Code* Ant Hive Media, 2016-09-23 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.

jason fung diet: *Notes on Jason Fung's MD The Complete Guide to Fasting by Instaread* Instaread, 2017-02-14

jason fung diet: *Beyond the Obesity Code* , 2026-03-03

jason fung diet: *Summary of Jason Fung's The Diabetes Code by Milkyway Media* Milkyway Media, 2018-09-06 *The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally* (2018) by kidney specialist Dr. Jason Fung offers a natural strategy that combines nutrition and intermittent fasting to reverse Type 2 diabetes. For decades, the main treatment of Type 2 diabetes has been insulin injections, which only make conditions worse for many patients... Purchase this in-depth summary to learn more.

jason fung diet: *The Obesity Code by Dr. Jason Fung* Daily Books, 2017 *The Obesity Code* by Dr. Jason Fung *Conversation Starters* *The Obesity Code: Unlocking the Secrets of Weight Loss* is Dr. Jason's Fung's view on what really causes obesity, how it came to be such a prominent issue in society today, and what can be done to prevent it. Major topics within the book touch on hormonal shifts, insulin resistance, poverty, the food industry, diabetes, improving the diet, and fasting. According to Dr. Fung, insulin resistance is caused by hormonal shifts within the body, not by an increased number of calories within the diet. The science behind Fung's theory is offered within every section of the book. The end of the book contains a special section offering a meal plan which revolves around periods of fasting. This book is today's guide to losing weight and becoming healthier by adding periods of fasting to the diet. *A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER* than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. *Conversation Starters* is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to... *Create Hours of Conversation: Promote an atmosphere of discussion for groups Foster a deeper understanding of the book Assist in the study of the book, either individually or corporately Explore unseen realms of the book as never seen before* *Disclaimer: This book you are about to enjoy is an independent resource meant to supplement the original book. If you have not yet read the original book, we encourage doing before purchasing this unofficial Conversation Starters.*

jason fung diet: *SuperFastDiet* Victoria Black, Gen Davidson, 2019-12-09 AS SEEN ON

'DOWNSIZING DUBBO' WITH CHANNEL 9'S TODAY SHOW. 'I've been helping patients with weight loss for over 30 years and I've never been so excited about a program before.' Dr Penny Adams The diet that helps you lose weight while still having a social life. After years of yo-yo dieting, Australian women Victoria Black and Gen Davidson lost 40 kg between them using the intermittent fasting methods described in SuperFastDiet. What's more, they have kept the weight off. Determined to help others do the same, Victoria and Gen created the world's first and now largest online fasting program. In the process, they've built a supportive and fun community of SuperFast enthusiasts (some of whom have lost more than 30 kg). Now, Victoria and Gen bring their dieting genius to life in their SuperFastDiet book. Here you will find: - all the information you need to select the SuperFast program that best suits you: 2 day (5:2), 3 day (4:3) or part-day (16:8) - the science behind the diet, showing how fasting can help you avoid diabetes, heart disease and a range of lifestyle diseases - 80 delicious recipes - weekly meal plans - real-life stories of dramatic weight loss from the SuperFast community. Fully photographed, and bursting with clear advice and encouragement, SuperFastDiet is your passport to long-term weight loss and good health. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

jason fung diet: *The Cruise Control Diet* Jorge Cruise, 2019 Activate your weight-loss autopilot--use the power of simple on/off fasting to lose the pounds and keep them off, from Hollywood trainer and #1 New York Times bestselling author Jorge Cruise. Timing is everything. Or, as #1 New York Times bestselling author and celebrity trainer Jorge Cruise explains: When we eat is as important as what we eat. Building on the scientifically proven but hard-to-sustain day-on, day-off technique known as intermittent fasting, Cruise simplifies your calendar by dividing every day into two easy-to-remember nutritional zones: a 16-hour evening and overnight burn zone (semi-fasting) followed by an 8-hour boost zone (eating). To help you crush cravings throughout, he ingeniously introduces foods that can be consumed in either zone to keep you burning fat all around the clock. You'll never be hungry if you don't really ever have to fully fast! Putting the body on weight-loss autopilot, *The Cruise Control Diet* includes: - 50 recipes for deliciously unexpected boost-zone foods, such as Margherita pizza, spaghetti squash lasagna, and turmeric shrimp; - 15 high-fat, no-sugar burn-zone recipes for craving-quenching foods like chocolate coconut mousse and caramel chai latte; - Weekly menus and handy grocery lists to take guessing out of the equation; - Candid testimonials and amazing weight loss results from Cruise's clients; - An optional burn-zone exercise program with instructional photos--

jason fung diet: SUMMARY: Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline by Dr. Steven Gundry | The MW Summary Guide The Mindset Warrior, 2018-03-21 An Easy to Digest Summary Guide... ☐☐BONUS MATERIAL AVAILABLE INSIDE☐☐ The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? ☐ Maybe you haven't read the book, but want a short summary to save time? ☐ Maybe you'd just like a summarized version to refer to in the future? ☐ In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the Dr. Gundry's Diet Evolution(full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

jason fung diet: *The 30-Day Sugar Elimination Diet* Brenda Bennett, 2022-12-06 The LAST detox you will ever need to conquer sugar cravings for good! Nutrition expert Brenda Bennett puts you in control with her two-track, no-fail program. With no gimmicks, no pre-packaged diet foods, and no juicer required, this complete sugar detox starter guide is unlike any other you have seen before. Giving you 90 nutrient-dense recipes and two diet tracks to choose from -- keto or low-carb -- Brenda arms you for success. She shows you how to use whole, everyday foods as your secret weapon to claim victory over sugar once and for all. The tracks are interchangeable and can be fine-tuned to jump-start weight loss and meet your individual health goals. With flexibility and tools for customization, Brenda helps you chart your course for success and walks with you each step of

the way. Week 1: Choose your track and learn about hydration and electrolytes, healthy fats/oils, natural sugar-free sweeteners, and the snacks/beverages allowed during the detox. Week 2: Learn about intermittent fasting, how to test your blood glucose, and how to find the right balance of nutritious foods for your plate. Week 3: Identify your trigger foods so that you will not revert to bad habits again. Week 4: Test to see how your body reacts when you reintroduce certain whole-food carbohydrates. The 30-Day Sugar Elimination Diet is complete with an easy-to-follow meal plan that incorporates leftovers, shopping lists, and treats to satisfy every craving. This detox can be repeated for maximum benefits and ongoing success, promising to be the last sugar detox you will ever need!

jason fung diet: The Neo Diet Kevin Aventura, 2022-06-01 Chances are that your diet will kill you. At least that's what research is suggesting. In the past few years, several studies have linked our food choices to most chronic diseases, and to the increase of overall mortality risk. But even if we ignore all that, it's important to know that your diet is not letting you achieve the best version of yourself. Do you suffer from indigestion, abdominal pain, weight gain, brain fog, headaches, joint pain, frequent colds, allergies, lack of energy, low libido, or even depression? Yes, the food you eat is causing these symptoms. Your diet is making you fat, dumb, tired and sick! Have you ever felt confused or unsure about what to eat? You are not alone. There is so much contradictory information about nutrition that it feels almost impossible to know what diet to follow. That ends today! The Neo Diet results from years of research done by Kevin to find answers for his own health issues. He read all the polarizing health & nutrition books, and everything in between. With that research, he became his own guinea pig and tested the very best (and well-researched) concepts from each of these diets. The conclusions from his research and experiment became this book. The informal and easy-to-follow guide he wished someone had written to help him. Inside the Neo Diet, you will learn:

- What are the so-called healthy foods that are actually making you sick.
- How you can manipulate your bad genes and control your own health.
- What research has to say about the whole carnivore vs vegan diet discussion (this might surprise you).
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jason fung diet: WORKBOOK For The Obesity Code Orange Books, 2019-08-25 Workbook for The Obesity Code: Unlocking the Secrets of Weight Loss HOW TO USE THIS WORKBOOK FOR ENHANCED APPLICATION In the book The Obesity Code by Dr. Jason Fung, Dr. Fung led us to understand that everything we've been made to believe about how to lose weight is wrong. He went forward to state that 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. The goal of this Workbook is to help readers read, understand and practically begin to apply the major lessons from this great book The Obesity code by Dr Fung. So, as to be able to successfully loss weight and keep the fats away for good. This workbook will help readers to start thinking logically and also help them in making preferable choices in life. It will also help open the reader up to a world of bliss, and expose him to areas hitherto untouched in the original book. But for this to be possible, it's advised that the reader diligently commits to answering the questions herein, so as to enjoy maximum satisfaction. The lessons in this workbook are made easy and straightforward for readers to understand correctly; the action steps will enable the reader to learn the teachings of the original book. The checklist helps the readers to put themselves on check to become a better version of themselves. By providing answers to the questions in this workbook, the reader's expectation for getting this workbook must have been met Remember, this is a weight loss book. Have fun, be

patient with yourself, while you enjoy the journey using this workbook. If you Haven't Already, Kindly Scroll Up and Click The Buy Button To Get Started Disclaimer: This is a Workbook review of the book The Obesity Code by Dr. Jason Fung Written by Orange Books and not the original book

jason fung diet: The Diet Fix Zoe Harcombe, 2018-12-27 Oprah Winfrey is one of the most celebrated women in the world - she's also one of the most famous yo-yo dieters. It has been the battle of my life, she has said, ... a battle I am still fighting every waking moment. Anyone who, like Oprah, has endured the vicious rollercoaster of losing, regaining and then putting on more weight knows that the advice we are being given doesn't work. So, what does? Dr Zoe Harcombe, PhD, experienced the misery of yo-yo dieting throughout her twenties and decided to use her scientific training to find a solution. She has spent the past 20 years studying diet, eating habits and the escalating obesity crisis and is now the go-to nutrition expert for some of the world's leading doctors. In The Diet Fix, Zoe reveals her 10-step plan for success. Using evidence-based analysis, she tells us how to lose weight without hunger, how to eat better rather than less and, most importantly, how to make it different this time.

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