

jason fung obesity

jason fung obesity is a crucial topic in understanding modern approaches to weight management and metabolic health. Dr. Jason Fung, a Canadian nephrologist, has gained prominence for his innovative perspectives on obesity, particularly emphasizing the role of insulin resistance and intermittent fasting. His theories challenge conventional wisdom that focuses predominantly on calorie restriction and instead highlight hormonal regulation as a key factor in obesity. This article explores Jason Fung's insights on obesity, his treatment strategies, and the scientific rationale behind his approaches. Additionally, it examines the impact of insulin, diet, and lifestyle modifications in managing obesity effectively. A comprehensive understanding of these elements provides valuable knowledge for healthcare professionals and individuals seeking alternative methods to combat obesity.

- Jason Fung's Perspective on Obesity
- The Role of Insulin in Obesity
- Intermittent Fasting as a Therapeutic Tool
- Dietary Recommendations According to Jason Fung
- Clinical Evidence and Outcomes
- Practical Considerations and Challenges

Jason Fung's Perspective on Obesity

Jason Fung obesity theories diverge significantly from traditional calorie-centric models. He proposes that obesity is primarily a hormonal disorder, driven by insulin resistance rather than simply an imbalance between calories consumed and calories burned. Fung argues that elevated insulin levels promote fat storage and hinder fat breakdown, making weight loss difficult despite caloric restriction. His approach focuses on addressing the underlying hormonal imbalances to facilitate sustainable weight loss and metabolic health improvement.

Hormonal Imbalance and Fat Storage

According to Fung, insulin is the principal hormone regulating fat storage. When insulin levels are chronically high due to frequent eating, especially of refined carbohydrates and sugars, the body is constantly in a fat-storage mode. This hormonal environment prevents the breakdown of stored fat and contributes to obesity. Fung emphasizes that targeting insulin resistance is more effective than focusing solely on calorie counting for long-term obesity management.

Obesity as a Disease of Insulin Resistance

Fung categorizes obesity as a consequence of insulin resistance, where the body's cells become less responsive to insulin, prompting the pancreas to produce more. This hyperinsulinemia exacerbates fat accumulation and complicates weight loss efforts. Understanding obesity through this lens shifts treatment priorities toward lowering insulin levels and improving insulin sensitivity.

The Role of Insulin in Obesity

Insulin plays a central role in Jason Fung's obesity model by controlling how the body stores and utilizes energy. Elevated insulin levels signal the body to store glucose as fat and inhibit lipolysis—the breakdown of fat. This section delves into the biochemical mechanisms by which insulin influences obesity and metabolic dysfunction.

Insulin and Fat Storage Mechanisms

Insulin promotes the uptake of glucose into fat cells and inhibits hormone-sensitive lipase, an enzyme responsible for breaking down triglycerides in fat tissue. Persistent high insulin levels maintain fat cells in a storage state, preventing mobilization of fat stores for energy use. This mechanism explains why calorie-restricted diets may fail when insulin remains elevated.

Insulin Resistance and Metabolic Syndrome

Insulin resistance is often accompanied by other metabolic disturbances such as hypertension, dyslipidemia, and inflammation, collectively known as metabolic syndrome. Jason Fung highlights that addressing insulin resistance not only aids in weight reduction but also improves overall metabolic health and reduces the risk of type 2 diabetes and cardiovascular diseases.

Intermittent Fasting as a Therapeutic Tool

One of the hallmark recommendations from Jason Fung for tackling obesity is intermittent fasting (IF). This dietary strategy involves cycling between periods of eating and fasting, which helps lower insulin levels and enhances fat burning. The following subsections describe the principles of fasting and its application in obesity treatment.

Types of Intermittent Fasting

Jason Fung advocates several fasting protocols, including time-restricted feeding, alternate-day fasting, and extended fasts. These methods vary in duration and frequency but share the common goal of reducing insulin secretion and allowing the body to access fat stores effectively.

- **Time-Restricted Feeding:** Eating within a specific window each day, typically 8 hours, and fasting for the remaining 16 hours.

- **Alternate-Day Fasting:** Alternating between days of normal eating and days of limited calorie intake or complete fasting.
- **Extended Fasting:** Fasting periods lasting 24 hours or more, done intermittently under medical supervision.

Physiological Benefits of Fasting

Fasting reduces insulin levels, increases insulin sensitivity, and promotes autophagy—a cellular repair process. These effects contribute to improved metabolic function and facilitate significant fat loss. Fung’s clinical experience demonstrates that fasting, combined with appropriate dietary changes, can lead to sustained weight loss and reversal of type 2 diabetes.

Dietary Recommendations According to Jason Fung

In addition to fasting, Jason Fung emphasizes dietary quality to manage obesity effectively. His recommendations focus on reducing processed carbohydrates and sugars while encouraging nutrient-dense whole foods. This section outlines the dietary principles integral to Fung’s obesity treatment protocol.

Low-Carbohydrate, High-Fat Diet

Fung supports a low-carbohydrate, high-fat (LCHF) diet to minimize insulin spikes and reduce fat storage. This approach includes consumption of vegetables, healthy fats, moderate protein, and avoidance of refined sugars and grains. The LCHF diet complements fasting by stabilizing blood glucose and insulin levels throughout the day.

Avoidance of Processed Foods

Highly processed foods contribute to rapid insulin secretion due to their high glycemic index and low fiber content. Jason Fung advises eliminating or significantly reducing processed snacks, sugary beverages, and refined grains to prevent chronic hyperinsulinemia and facilitate weight loss.

Clinical Evidence and Outcomes

Jason Fung’s obesity treatment strategies have been supported by various clinical studies and patient outcomes demonstrating the efficacy of insulin-focused interventions. This section reviews relevant clinical data and documented results from fasting and dietary modifications.

Studies on Intermittent Fasting and Weight Loss

Research indicates that intermittent fasting can lead to significant reductions in body weight, fat mass, and improvements in metabolic markers such as insulin sensitivity and blood lipid profiles. These findings align with Fung's clinical observations and support the therapeutic use of fasting in obesity management.

Reversal of Type 2 Diabetes

One of the remarkable outcomes associated with Jason Fung obesity protocols is the potential reversal of type 2 diabetes. By lowering insulin levels through fasting and dietary changes, many patients achieve normal blood glucose without medication, highlighting the metabolic benefits beyond weight loss.

Practical Considerations and Challenges

Implementing Jason Fung's obesity treatment approaches requires careful planning and patient education. This section addresses practical aspects and potential challenges encountered during therapy.

Safety and Medical Supervision

Extended fasting and significant dietary changes should be undertaken with medical guidance, especially for individuals with comorbidities or those on medications. Fung stresses the importance of individualized treatment plans and monitoring to ensure safety and effectiveness.

Behavioral and Psychological Factors

Adhering to fasting and dietary regimens may pose psychological challenges, including hunger management and social eating patterns. Supportive counseling and gradual adaptation strategies can improve compliance and long-term success.

1. Understanding hormonal drivers of obesity
2. Incorporating fasting protocols safely
3. Adopting a low-carbohydrate, whole-food diet
4. Monitoring metabolic health parameters
5. Addressing lifestyle and behavioral modifications

Frequently Asked Questions

Who is Jason Fung and what is his approach to obesity?

Jason Fung is a Canadian nephrologist and author known for advocating intermittent fasting and low-carbohydrate diets as effective treatments for obesity and type 2 diabetes.

What is Jason Fung's view on the traditional calorie restriction approach to obesity?

Jason Fung argues that traditional calorie restriction is ineffective for long-term weight loss because it does not address underlying hormonal imbalances, particularly insulin resistance.

How does Jason Fung explain the role of insulin in obesity?

Jason Fung explains that high insulin levels promote fat storage and prevent fat burning, making insulin a key hormone in the development and persistence of obesity.

What dietary recommendations does Jason Fung make for people struggling with obesity?

Jason Fung recommends low-carbohydrate diets and intermittent fasting to lower insulin levels, improve metabolic health, and facilitate weight loss.

What is intermittent fasting according to Jason Fung's obesity treatment plan?

Intermittent fasting, according to Jason Fung, involves cycling between periods of eating and fasting to reduce insulin levels and encourage the body to burn stored fat.

Has Jason Fung written any books about obesity and weight loss?

Yes, Jason Fung has written several books including 'The Obesity Code' and 'The Complete Guide to Fasting,' which focus on the hormonal causes of obesity and fasting as a treatment.

What scientific evidence supports Jason Fung's methods for treating obesity?

Jason Fung's methods are supported by studies showing that intermittent fasting and low-carb diets can improve insulin sensitivity, promote weight loss, and reduce risk factors for metabolic diseases.

Are there any criticisms of Jason Fung's approach to obesity?

Some critics argue that more long-term clinical trials are needed to fully validate intermittent fasting's safety and effectiveness, and that his approach may not be suitable for everyone.

Can Jason Fung's obesity treatment be combined with traditional medical treatments?

Yes, Jason Fung's approach can complement traditional treatments, but patients should consult healthcare professionals before starting fasting or major dietary changes, especially if they have medical conditions.

Additional Resources

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

Dr. Jason Fung explores the underlying causes of obesity, challenging conventional calorie-focused approaches. He emphasizes the role of insulin and hormonal imbalances in weight gain. The book offers practical advice on intermittent fasting and dietary changes to promote sustainable weight loss.

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

This book delves into the connection between diabetes and obesity, explaining how insulin resistance develops. Fung provides a natural approach to managing and potentially reversing type 2 diabetes through dietary modifications and intermittent fasting. It is a valuable resource for patients and healthcare providers alike.

3. *Intermittent Fasting Revolution: A Guide to Sustainable Weight Loss*

Fung advocates intermittent fasting as a powerful tool to combat obesity and improve metabolic health. The book outlines various fasting protocols and explains their physiological benefits. Readers learn how to implement fasting safely and effectively as part of a healthy lifestyle.

4. *Unlocking Insulin Resistance: A New Perspective on Obesity*

This title focuses on insulin resistance as the primary driver of obesity, offering insights into how diet and lifestyle affect insulin levels. Fung discusses strategies to reduce insulin resistance without relying solely on medication. The book encourages a shift in thinking about weight management and metabolic diseases.

5. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting*

Co-authored by Jason Fung, this comprehensive guide covers various fasting techniques and their health benefits. It provides practical tips, meal plans, and answers common questions about fasting. The book is designed to help readers improve weight control, insulin sensitivity, and overall well-being.

6. *Fat Chance: The Hidden Truths About Obesity and Weight Loss*

Fung challenges popular myths surrounding obesity, revealing how societal and medical misconceptions hinder effective treatment. The book emphasizes the hormonal causes of weight gain and the limitations of calorie counting. It inspires readers to adopt a more science-based approach to weight loss.

7. *Obesity and Fasting: Breaking the Cycle of Weight Gain*

This book explains how intermittent fasting can interrupt the vicious cycle of overeating and insulin spikes that contribute to obesity. Fung presents evidence-based research and case studies demonstrating fasting's effectiveness. It offers guidance on how to integrate fasting into everyday life for lasting results.

8. *Metabolic Health Reset: Combating Obesity Through Diet and Fasting*

Fung outlines a holistic approach to restoring metabolic health by combining dietary changes with fasting protocols. The book discusses how improving insulin sensitivity can lead to better weight management and reduced risk of chronic disease. Readers receive actionable steps to reset their metabolism naturally.

9. *Weight Loss Without Hunger: The Science of Insulin and Fasting*

This title focuses on the science behind hunger, insulin, and fat storage, explaining why traditional dieting often fails. Fung presents fasting as a method to control hunger hormones and promote fat burning. The book offers practical advice to achieve weight loss without constant food restriction.

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jason fung obesity: *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 obesity: 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 obesity: 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 obesity: Summary: Dr. Jason Fung's the Obesity Code: Unlocking the Secrets of Weight Loss Sarah Fields, 2019-02-18 According to Dr. Jason Fung, everything that you have believed about how to lose weight is wrong. In everyone, weight gain and obesity are driven by hormones. Only by understanding the effects of your body's insulin and its insulin resistance can we achieve lasting weight loss. In this new provocative book *The Obesity Code: Unlocking the Secrets of Weight Loss*, Dr. Jason Fung begins an original and robust theory of obesity. In this theory, he provides startling insights into your body and the proper nutrition for it. Dr. Fung showed five basic steps to weight loss. He writes a set of lifelong habits that will further improve your health and also control your insulin levels. Dr. Fung explains how you can effectively use intermittent fasting to break the cycle of insulin resistance and reach your ideal healthy weight for good. In this comprehensive look into *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

jason fung obesity: The OBESITY CODE- the Key to Weight Loss Unlocked Journey Wood, Jason Fung, 2023-03-20 Description Not only insightful, but also unexpectedly humorous. Find out

what caused the global obesity crisis and how to stop it, all while learning how to maintain your own slim figure by reading this book. Dr. Jason Fung's insulin resistance explanation and the insulin model of fat that goes along with it are innovative, smart, and transformative. A landmark book that is assisting thousands of individuals in permanently losing weight, from New York Times bestselling author Dr. JASON FUNG. Use the power of fasting intervals to keep the weight off for good. The causes and effects of weight gain and insulin resistance should be understood. Put an end to your anguish and give up on restrictive diets, extreme workout routines, and calorie counting. Dr. Jason Fung, well recognized as the creator of intermittent fasting, now presents a novel explanation for why people gain weight and how to prevent it. Everything you've heard about losing weight is erroneous, he says; obesity is hormone-driven, and we can only lose weight and keep it off by comprehending the role of insulin and insulin resistance. In order to improve your health, Dr. Fung outlines five simple strategies to take control of your insulin. And he details how to use intermittent fasting to finally get to a healthy weight and end the vicious cycle of insulin resistance.

jason fung obesity: Summary - the Obesity Code Goldmine Reads, 2017-05-14 This book summary is created for individuals who want to flesh out the important contents and are too busy to go through the entire original book. This book is not intended to replace the original book. Unravel the decades-old mysteries of weight loss in Dr. Jason Fung's groundbreaking book: The Obesity Code. Dr. Jason Fung, a Canadian physician and nephrologist, spent 20 years in the field of medicine treating obese and diabetic patients only to realize he wasn't really treating their illnesses - he was merely treating their symptoms. The Obesity Code provides a comprehensive description of the hows and whys of both weight gain and weight loss. In his compelling book, Dr. Fung speaks the unspoken truth about diets, and challenges the long-held beliefs about the relation of caloric intake to weight loss. Step off that scale, take a seat, and pay attention as Dr. Fung's The Obesity Code exposes the secret behind the obesity epidemic: insulin. Wait no more, take action and get this book now!

jason fung obesity: Summary of the Obesity Code Sarah Fields, 2019 The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung According to Dr. Jason Fung, everything that you have believed about how to lose weight is wrong. In everyone, weight gain and obesity are driven by hormones. Only by understanding the effects of your body's insulin and its insulin resistance can we achieve lasting weight loss. In this new provocative book The Obesity Code: Unlocking the Secrets of Weight Loss, Dr. Jason Fung begins an original and robust theory of obesity. In this theory, he provides startling insights into your body and the proper nutrition for it. Dr. Fung showed five basic steps to weight loss. He writes a set of lifelong habits that will further improve your health and also control your insulin levels. Dr. Fung explains how you can effectively use intermittent fasting to break the cycle of insulin resistance and reach your ideal healthy weight for good. In this comprehensive discussion prompts guide into The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared with the following: Discussion aids include a wealth of prompts and information Overall plot synopsis and author biography Save time preparing for group discussions or for self-study Thought-provoking discussion questions for a deeper examination Creative exercises to foster alternate if this was you discussions And more! Disclaimer: This is a companion guide based on the work The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and is not affiliated to the original work or author in any way. It does not contain any text of the original work. If you haven't purchased the original work, we encourage you to do so first.

jason fung obesity: 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 lose 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 obesity: *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 obesity: Summary - The Obesity Code by Jason Fung Instant-Summary, 2017-12-11 *The Obesity Code: A Complete Summary!* *The Obesity Code* is a book written by Dr. Jason Fung. In his book, Dr. Fung touches one of the most sensitive questions about human health: obesity. *The Obesity Code* is a book in which we can find facts and explanations about why humans usually gain weight and what is preventing people from losing it. We have all seen many people who seem to enjoy any food they like at any time during the day and not gain any weight. Contrary to them, there are people who struggle with losing their weight. They have tried countless methods of losing weight, workouts, and diets, but nothing seems to work for them. What is it that keeps one person slim and fit in an almost effortless way? Why is it that some people cannot seem to lose any weight permanently? What influences losing and gaining weight? These, and many more questions, will be answered in this book. *The Obesity Code* came out as a result of extensive research and studies made by Dr. Fung. He wanted to discover what lies 'beneath' obesity and why many people have problems with it. After the introduction, we will go to the summary of the book. Our guide consists mostly of the summary. After the summary, we will have the book analysis, quiz with quiz answers, and the conclusion of the book. Let's discover what the obesity code is and if there is a successful and fruitful way of permanently losing those extra pounds. Here Is a Preview of What You Will Get: - A summarized version of the book. - You will find the book analyzed to further strengthen your knowledge. - Fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about *The Obesity Code*.

jason fung obesity: *Summary - The Obesity Code* E. Z. - Summary, CREATESPACE INDEPENDENT PUB, 2017-03-28 *The Obesity Code - A Complete Summary!* The Obesity Code is a book written by Dr. Jason Fung. In his book, Dr. Fung touches one of the most sensitive questions about human health: obesity. The Obesity Code is a book in which we can find facts and explanations about why humans usually gain weight and what is preventing people from losing it. We have all seen many people who seem to enjoy any food they like at any time during the day and not gain any weight. Contrary to them, there are people who struggle with losing their weight. They have tried countless methods of losing weight, workouts, and diets, but nothing seems to work for them. What is it that keeps one person slim and fit in an almost effortless way? Why it is that some people cannot seem to lose any weight permanently? What influences losing and gaining weight? These, and many more questions, will be answered in this book. The Obesity Code came out as a result of extensive research and studies made by Dr. Fung. He wanted to discover what lies 'beneath' obesity and why many people have problems with it. After the introduction, we will go to the summary of the book. Our guide consists mostly of the summary. After the summary, we will have the book analysis, quiz with quiz answers, and the conclusion of the book. Let's discover what the obesity code is and if there is a successful and fruitful way of permanently losing those extra pounds. Here Is A Preview Of What You Will Get: - A summarized version of the book. - You will find the book analyzed to further strengthen your knowledge. - Fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about The Obesity Code.

jason fung obesity: The Obesity Code Instaread, 2016-05-12 *The Obesity Code* by Jason Fung | Summary & 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.

jason fung obesity: 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,

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jason fung obesity: *The Obesity Code Study Guide Journal and Workbook* It's about Time, 2019-08-22 Dr. Jason Fung's best selling book, *The Obesity Code*, has given hundreds of thousands new hope for solving their obesity and associated health problems for once and for all. This companion book is designed to help those who wish to get really serious and absorb the information in depth. Section One consists of one to four pages per chapter identifying highlights and key concepts from the book, along with study or discussion questions that help make the material relevant to your life. Section Two provides an essential tool for putting Dr. Fung's advice to give his program a try for a month: a month's worth of special planner/journal pages to record your plans and experience, track your food and fasting, assess your progress, and make plans for even more success in the future. Why not get started today? *It's About Time* brings you a wide array of beautiful, high quality planners, journals, diaries, organizers, specialty journals, composition notebooks, sketchbooks, and other paper delights -- all just waiting for your creative and inspired input, your notes and ideas, to do lists, sketches and doodles, anything and everything you want to commit to paper.

jason fung obesity: Summary of The Obesity Code by Dr. Jason Fung Dependable Publishing, 2019-10-29 * An excellent book, probably the best weight loss/ diet/health book you'll ever read! * Explains how insulin/insulin resistance is the real cause of weight gain and obesity! * Explains the specific, 5-step approach for lowering insulin and breaking insulin resistance! * Explains the strategic 2-step process for achieving permanent weight loss! * Lists of dos, don'ts, foods, steps, etc. Very well-written and easy to understand! *THE OBESITY CODE* by Dr. Jason Fung is an excellent book and probably the best weight-loss/diet/health book you'll ever read. The central thrust of the book is this: (1). That weight gain/obesity is not caused by the eating of excess calories and/or failure to exercise, but by the prolonged excessive levels of insulin and insulin resistance in one's body (a hormonal dysfunction). (2). Thus, that the secret to permanent weight loss and defeating obesity, is not to eat less and move more (as we've all been told), rather it is to break one's cycle of insulin resistance by eliminating added sugars and processed foods from one's diet, along with practicing intermittent fasting! The book explains why: eating less does not result in lasting weight loss; overeating does not cause weight gain; exercise is irrelevant to weight loss; insulin is the decisive element in weight gain/loss, obesity and type 2 diabetes; prescribing insulin for type 2 diabetes is wrong; and why most diets work for a while, then fail. The book also explains how: excess cortisol, stress and sleep deprivation cause weight gain; refined carbs cause overeating and carb addiction; high insulin causes weight gain; intermittent fasting can break your insulin resistance; sugar is so fattening and why fruit sugar (fructose) is the most dangerous sugar for the human body; artificial sweeteners spike insulin levels, cause weight gain, obesity and diabetes. Finally, the book provides us with the strategic two-step process to long-term weight loss and the specific, five-step (step-by-step) approach of how to lower your insulin level and beat obesity. The book is written clearly, highly readable and very easy to understand. So, we are very pleased to recommend this book. This book will blow your mind! This book will change your life! And even if you are not suffering from excess weight, this book will still open your eyes in a whole new way. This is an excellent summary and guide to the main book. This summary is thorough and very-well written, a virtual tour de force! It is definitely highly recommended! So, there's no need to hesitate over this one! BUY THIS SUMMARY NOW!

jason fung obesity: 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 obesity: Summary of the Obesity Code Fastreads, 2016-11-16 A recent study suggests that 75 percent of the weight-loss response in obesity is predicted by insulin levels.²⁹ Not willpower. Not caloric intake. Not peer support or peer pressure. Not exercise. Just insulin. - Jason Fung Carbohydrates should be enjoyed in their natural, whole, unprocessed form. Many traditional diets built around carbohydrates cause neither poor health nor obesity. Remember: the toxicity in much Western food lies in the processing, rather than in the food itself. - Jason Fung Our weight plateaus and ruthlessly climbs back up to our original body set weight, even as we keep dieting. Clearly, changing what we eat is not always enough. - Jason Fung Throughout most of human history, obesity has been rare. Individuals in traditional societies eating traditional diets seldom became obese, even in times of abundant food. - Jason Fung Even the National Cholesterol Education Program admits, The percentage of total fat in the diet, independent of caloric intake, has not been documented to be related to body weight. - Jason Fung What Will You Learn from Reading This Book? Why calories aren't the reason you're gaining weight Why refined carbohydrates are one of the most harmful things you can be eating It's possible to reduce weight by following the Atkins diet; however, you will gain the weight back after a while Everything about insulin's effect on weight loss A high fiber intake will not only increase satiety, but it will also decrease obesity What 'intermittent fasting' means and how it will help you curb obesity and weight gain The timing of when you eat can be just as important as what you eat Why diet and exercise are NOT the cornerstone of weight loss science ***Don't miss this groundbreaking book on the true cause of the obesity epidemic. Eschewing traditional thoughts on diet and exercise, The Obesity Code will teach you the underlying causes of obesity and how to change the systems your body has created.*** Book Summary Overview Obesity is a bigger problem than anyone imagined and its rates have increased rapidly over the years. Since it's an epidemic spreading its tentacles worldwide, it's now critical that we find a solution to this nagging problem. There are way too many studies and trials conducted out there, and while some diets may suggest that you consume foods with low carbohydrates, other diets may suggest something else. It can get pretty confusing, and that's perhaps why most dieters give up. The Obesity Code focuses on the intake of traditional, unprocessed foods that have been forgotten long ago. This book covers everything from the science behind the foods you're eating to what you should eat at each meal. Understanding diet and exercise are NOT the key to weight loss is the first step to breaking the Obesity Code. Click Buy Now with 1-Click to Own Your Copy Today!

jason fung obesity: Summary of Jason Fung's the Obesity Code Sumoreads, 2017-05-19 PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Extensive research makes The Obesity Code a time machine to back when Western countries became fat nations, an extensive exploration of the hormonal human body, an exposé of the

pervasive myths that keep people fat, and a clear path to systematic weight loss. This SUMOREADS Summary & Analysis offers supplementary material to *The Obesity Code: Unlocking the Secrets of Weight Loss* to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key Takeaways and analysis from each section A short bio of the authors Original Book Summary Overview In *The Obesity Code*, Jason Fung settles one of the most divisive debates of the last fifty 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 that can be reversed with healthy choices and intermittent fasting. This book is a must-read for anyone who wants to shed some extra weight without counting calories. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, *The Obesity Code*.

jason fung obesity: *The Cancer Code* Jason Fung, 2020-11-10 Author of the international bestsellers *The Diabetes Code* and *The Obesity Code* Dr. Jason Fung returns with an eye-opening biography of cancer in which he offers a radical new paradigm for understanding cancer--and issues a call to action for reducing risk moving forward. Our understanding of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but the War on Cancer has hardly been won. In *The Cancer Code*, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease--what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community's many missteps in cancer research--in particular, its focus on genetics, or what he terms the seed of cancer, at the expense of examining the soil, or the conditions under which cancer flourishes. Dr. Fung--whose groundbreaking work in the treatment of obesity and diabetes has won him international acclaim--suggests that the primary disease pathway of cancer is caused by the dysregulation of insulin. In fact, obesity and type 2 diabetes significantly increase an individual's risk of cancer. In this accessible read, Dr. Fung provides a new paradigm for dealing with cancer, with recommendations for what we can do to create a hostile soil for this dangerous seed. One such strategy is intermittent fasting, which reduces blood glucose, lowering insulin levels. Another, eliminating intake of insulin-stimulating foods, such as sugar and refined carbohydrates. For hundreds of years, cancer has been portrayed as a foreign invader we've been powerless to stop. By reshaping our view of cancer as an internal uprising of our own healthy cells, we can begin to take back control. The seed of cancer may exist in all of us, but the power to change the soil is in our hands.

jason fung obesity: *Summary of The Obesity Code* Go Books, 2020-03-06 Go BOOKS offers an in-depth look into some of the most popular and informative books of the last two decades. Whether you are using this book as a study guide, reference material, further connection to the original book or simply a way to retrieve the content and material faster... Our goal is to provide value to every reader. This summary book breaks down all the big ideas, key points and facts so the reader can quickly and easily understand the content. In this book you will find: - Summary of the book- Introduction - Background Information about the book - Background information about the author - Trivia Questions - Discussion Questions Note to readers: This is an unofficial summary & analysis of Dr. Jason Fung's book *The Obesity Code: Unlocking the Secrets of Weight Loss*, designed to enrich your reading experience.

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