[GET] The Obesity Code: Unlocking the Secrets of Weight Loss

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 listenable 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.

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