



The Obesity Code: Unlocking the Secrets of Weight Loss

By Dr. Jason Fung

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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.

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Editorial Review

Review

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—Jimmy Moore, author, *Keto Clarity* and *Cholesterol Clarity*

"Not only full of insights but also surprisingly funny. Read it to understand why the world became fat, how to reverse the epidemic—and how to stay thin yourself."

—Andreas Eenfeldt, MD, Founder of Dietdoctor.com

"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*

"A fantastic book that exposes some of the world's most pervasive myths about obesity and weight management. A must read for anyone interested in the science of diet."

—Kris Gunnars, nutrition researcher

"In *The Obesity Code*, 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

About the Author

Dr. Jason Fung completed medical school at the University of Toronto and a fellowship in nephrology at the University of California. He founded the Intensive Dietary Management Program in Toronto that provides a unique treatment focus for type 2 diabetes and obesity. Dr. Fung lives in Toronto.

Timothy Noakes is Professor of Exercise and Sports Science at the University of Cape Town, a marathon runner, and the author of the bestseller *The Lore of Running*. After discovering research supporting a high fat, low carb diet as the healthiest option for many people, he started the Noakes Foundation in 2012, and has dedicated his life to opening people's eyes to the myth of low-fat eating and the nutritional and environmental crisis it has led us to.

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Joanna Bowen:

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