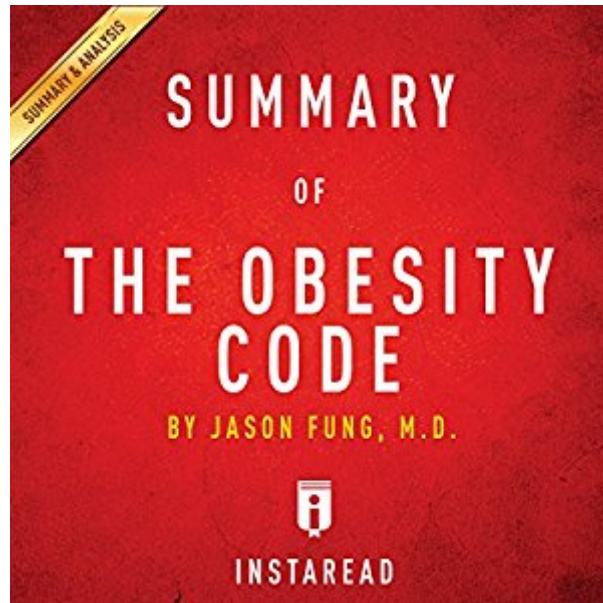


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# Summary Of The Obesity Code: By Jason Fung | Includes Analysis



## Synopsis

Summary of The Obesity Code by Jason Fung | Includes 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.

## Book Information

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## Customer Reviews

This book is only a few pages long. It is a very brief synopsis of a very in- depth book. This does not

contain enough information to be considered a review, never mind a concise summary. Save your money and invest in the real book.

This is overt plagiarism...aka stealing! , please remove this book listing because it's swiping the intellectual property of Dr. Jason Fung who wrote The Obesity Code: Unlocking the Secrets of Weight Loss. This book listed here has absolutely NOTHING to do with Dr. Fung's amazing book and is attempting to profit from his work. This kind of dishonesty is reprehensible. Buyer beware!

The REAL book gives a good clear explanation of the reasons for obesity along with a plan to lose weight. I see this "author" has created a nice little cottage industry by "summarizing" other people's works. If you don't want to purchase the real book, look up Dr. Fung online and watch his videos for free. All the info is there with complete descriptions.

this is not written by Jason Fung and I wonder if the person who wrote this book even took the time to read The Obesity Code by Jason Fung. the "key take away" points are either misinformed, not fully grasped by the person who wrote this book, or the person didn't even read the original work. this book is the equivalent of a medical textbook devoted to the physiological function of the heart being reduced to a "key take away" that the function of the heart is to beat.

A very poor summary of a great book!! Do yourself a favor and buy the original book. It is well-written and well-researched, backed up with hundreds of citations from top medical journals. Don't let that dissuade you from reading it, however. Dr Fung makes all of the info VERY clear and VERY easy to understand. Bypass this unauthorized summary and buy the real thing!!

This is a summary of "The Obesity Code" and is not the original book. This book is meant to be a companion book for the original or a quick read for those who are interested in the original. Instaread first provides a quick overview of what the book is about and then lists and analyzes eight key takeaways that highlight the main ideas. Many of us might think that obesity is caused by eating too much and exercising too little, but science is showing that there is more at play. I found the book interesting and would recommend it!

"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. This Instaread review dissects the counter-intuitive science of "The Obesity Code" to better understand how obesity occurs. While I might not be motivated to read the real thing, Instaread summarizes this health science book and gives 8 key takeaways of what I should understand. This outline of the science behind obesity is easily digested, and a quick read. I highly enjoyed this review and summary and think you will too!

This summary presents some great updates on what the leading medical researchers, or at least one of the leading researchers (i.e., Dr. Jason Fung), have found on obesity. Indeed, the list of key takeaways promises to provide a good amount of details regarding the status quo on obesity, warnings against many currently accepted treatments used by many physicians for obesity (e.g., low-carb high-fat diets, calorie-restrictive low-fat diets, and even exercise, etc.), and new and improved ways of treating this disease. Most of the analyses for the takeaways are on-point with the seemingly correct medical terms used and concepts explained. There is one word of caution on the analysis of one key takeaway, however. The takeaway labeled "To overcome obesity, individuals need to lose weight in the short term and redetermine their body weight set point in the long term by breaking the cycle of insulin resistance" seems to give a reader a reason to expect that its analysis will outline some way for him or her to find out how to "redetermine [his/her] body weight set point," but it actually just explains what this body weight set point is and then goes into some details regarding researches on the brain's hippocampus, ending with its mysterious ability to stop people from eating more when they remember that they've already eaten. Perhaps, such body weight set point redetermination concept can only be covered in the thorough reporting of a book. Indeed, some parts throughout the summary, the Author's Style and Author's Perspective sections promise the readers more details on the related science of the body as well as guides to healthy eating and stress reduction, etc., if they read the book.

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