

# Jason Fung Diet Plan Pdf

## Christiane Northrup

*The PCOS Plan* Nadia Brito Pateguana, Jason Fung, 2020-04-14 New York Times bestselling author Dr. Jason Fung joins forces with naturopathic doctor Nadia Pateguana to offer methods to prevent and reverse PCOS through diet and intermittent fasting. Polycystic Ovary Syndrome (PCOS) is the most common reproductive disorder in the world, affecting an estimated eight to 20 percent of women of reproductive age, almost half of whom are unable to conceive. PCOS is also associated with increased risks of heart disease, ovarian and endometrial cancers, and type 2 diabetes. In this clearly written guide, backed by science and personal experience, Drs. Jason Fung and Nadia Brito Pateguana show: How to prevent and reverse PCOS with a low-carb, ketogenic diet and intermittent fasting. How the root cause of PCOS is excess insulin—and how to get rid of it. 50 recipes and a variety of meal plans for putting new knowledge into (delicious) practice.

**Complete Guide To Fasting** Jimmy Moore, Jason Fung, 2016-10-18 The ultimate resource on intermittent fasting, the incredibly effective therapeutic approach to feeling better and losing weight that produces life-changing results. Whether you're new to intermittent fasting or you want to fine-tune your fasting plan, this is the intermittent fasting manual to help you build the right fasting program for the best results. Whether your goal is to lose weight, improve your body's insulin response, sharpen your mental faculties, turn down depression or anxiety, or slow the aging process, *The Complete Guide to Fasting* is the best companion for your journey. Here you'll find everything you need to get you through your first fast, including a 7-Day Kick-Start Fasting Plan and 20 healing recipes. Get the guidance you need to make intermittent fasting work for you! You will learn: • How intermittent fasting works, and how you can successfully combine it with diets and eating preferences such as keto, low carb and low sugar • How intermittent fasting amplifies weight loss and improves many other health conditions, such as pre-diabetes, type 2 diabetes, metabolic syndrome, hypertension and heart health • Which fluids are allowed and can even aid fasting, and which will break your fast • What should you expect when you start fasting, and how to avoid potential negative effects • How to manage hunger and create the right mindset • What are the different fasting types and protocols, including 16:8, 20:4, alternate day fasting, and other extended fast Forget about starving yourself or diets with complicated rules—intermittent fasting has never been easier!

Getting Your Brain and Body Back: Everything You Need to Know after Spinal Cord Injury, Stroke, or Traumatic Brain Injury Bradford C. Berk, 2021-07-13 Make the fullest possible recovery after neurological injury with this definitive guide—by

a doctor and spinal cord injury survivor who's been there After an accident that left him permanently paralyzed over ten years ago, Dr. Bradford Berk made it his mission to help others recover from acute neurological injury (ANI). As the founder and director of the University of Rochester Neurorestoration Institute, he brings his abundant experience in working with patients and making his own ongoing recovery to *Getting Your Brain and Body Back*, the most up-to-date guide for survivors of spinal cord injury (SCI), stroke, and traumatic brain injury (TBI). Each of these acute neurological injuries can result in similar physical and psychological challenges and require similar treatments, medications, and assistive devices. *Getting Your Brain and Body Back* offers comprehensive, reassuring guidance for your every concern: How to deal with grief and trauma in the aftermath of accident or injury—and build resilience as you find your way forward What adaptive devices—for bathing, dining, mobility, and more—will help you enjoy life to the utmost How to prevent and treat secondary health problems of every kind, such as heart, skin, and bladder troubles—sexual health included! Therapeutic approaches from both Western and Eastern medicine to consider for maximum healing and pain relief Dr. Berk's candid advice on medical treatment and daily living—plus insights from the brightest minds in the field—will help get you or your loved one back to life.

**Я научу вас голодать. Часть 3. Прерывистое голодание** Владимир Давыдов, 2023-01-19 Прерывистое голодание основано на соблюдении ежедневного графика приема пищи и отказа от еды. Не существует «правильного» графика для получения максимальной выгоды. Лучший график прерывистого голодания – это тот, который легко вписывается в вашу жизнь, чтобы обеспечить долгосрочный успех. Прерывистое голодание может помочь вам добиться значительных изменений – похудеть, укрепить иммунитет, ясно мыслить, предотвратить серьезные заболевания, такие как гипертония, диабет и сердечная недостаточность, чувствовать себя энергичными и оставаться, выглядеть и чувствовать себя молодыми, если вы сделаете прерывистое голодание регулярной частью своего образа жизни. Книга даст вам полезные техники о том, как проводить голодание, советы о том, что делать до, в течение и после начала голодания. Администрация сайта ЛитРес не несет ответственности за представленную информацию. Могут иметься медицинские противопоказания, необходима консультация специалиста.

**El código de la diabetes** Dr. Jason Fung, 2018-09-04 La mayoría de los médicos, dietistas e incluso especialistas en diabetes consideran que la diabetes tipo 2 es una enfermedad crónica y progresiva: una condena para toda la vida. Pero esta creencia no es más que una gran mentira, lo cual supone una excelente noticia para cualquiera a quien le hayan diagnosticado esta enfermedad. La innovadora idea que presenta el Dr. Fung es que la diabetes es causada por la respuesta insulínica del cuerpo a un consumo excesivo y habitual de carbohidratos, y que la mejor forma, y la más natural, de revertir la enfermedad es sencillamente reducir este consumo, ¡el cuerpo no puede con tanta glucosa! EL CÓDIGO DE LA DIABETES explica, en un lenguaje claro y ameno, por qué los tratamientos convencionales que dependen de la insulina, así como otros

medicamentos para reducir la glucosa en sangre, pueden llegar a empeorar el problema, provocar un aumento de peso significativo e incluso una enfermedad cardíaca. Como dice el nefrólogo Jason Fung, la única forma de tratar la diabetes tipo 2 de manera efectiva es la dieta adecuada y el ayuno intermitente, no la medicación.

*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*

**I Vampiri di Energia** Christiane Northrup, 2018-11-23T00:00:00+01:00 Le persone molto sensibili - i cosiddetti soggetti

empatici - vedono la vita attraverso gli occhi della compassione e della cura degli altri. Sono nate così. Di conseguenza hanno dentro di loro un'incredibile quantità di luce. Ma sono anche le prede favorite dei vampiri che si nutrono dell'energia degli empatici condizionando negativamente la loro vita a tutti i livelli: fisico, emozionale ed economico. Nel libro I vampiri di energia, la dottoressa Christiane Northrup attinge alle ultime ricerche in questo campo emozionante del sapere oltre che alle storie della sua community e della sua stessa vita per esplorare il fenomeno dei vampiri di energia. Ci svela come riconoscerli, evitare le loro tattiche manipolatorie e riprenderci la nostra energia. Approfondirai le dinamiche relazionali tra vampiri di energia ed empatici e la modalità in cui i vampiri di energia usano l'energia degli altri per alimentare le loro esistenze disfunzionali. Una volta riconosciuti gli schemi comportamentali che contraddistinguono queste relazioni, avrai il potere di individuare i vampiri di energia presenti anche nella tua vita e affrontarli di conseguenza. Il libro offre una gamma completa di strumenti e tecniche da usare per lasciarsi alle spalle queste relazioni dannose, guarire dall'oscurità che hanno gettato sulla tua mente, sul tuo corpo e sul tuo spirito e far risplendere la tua luce. Alla fine, ti ritroverai più sano, più felice, più in pace e vitale che mai.

**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.

*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.

*The Obesity Code* Jason Fung, 2016-03-17 We are in the midst of an obesity epidemic, but despite being inundated with diet advice we are only getting fatter. We count calories and exercise regularly, yet still the pounds won't budge. Why? In this highly readable and provocative book, Dr Jason Fung sets out a groundbreaking new theory: that obesity is caused by our hormones, rather than a lack of self-control. He reveals that overproduction of insulin in the body is the root cause of obesity and obesity-related illnesses including type 2 diabetes, and offers robust scientific evidence that reversing insulin resistance is the only way to lose weight in the long term. It turns out that when we eat is just as important as what we eat, so in addition to his five basic steps — a set of life-long eating 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.

Summary Quality Summaries, 2018-12-14 IMPORTANT NOTE: This is a book summary of *The Obesity Code* by Jason Fung and is not the original book. In his important book, Dr. Fung takes aim at age old myths about weight control and the 'perfect diet'. The result? An adaptable, sustainable plan where no foods are off limits and no food groups are excluded while addressing larger underlying issues related to hormones, appetite, insulin resistance and fat storage. This book allows you to skip to the nuggets of wisdom and actionable content in a very easily absorbed, readable way including key takeaways at the end of each chapter. This book summarizes the original in detail, to help people effectively understand, articulate and imbibe the original work by Fung. This book is not meant to replace the original book but to serve as a companion to it. Improve your health and lose weight fast! Purchase your copy today.

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.

**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!

Delay, Don't Deny Gin Stephens, 2024 Since the first edition of Delay, Don't Deny was released in 2016, hundreds of thousands of readers from around the world have adopted an intermittent fasting lifestyle following Gin's advice. In this second edition, you'll find the best parts of the much-loved original as well as important updates and all new success stories. If you're tired of counting calories, eliminating foods from your diet, or obsessing about food all day, an intermittent fasting

lifestyle might be for you! In this book, you will learn the science behind intermittent fasting, the importance of the clean fast, and how to develop an intermittent fasting plan that works for your unique lifestyle. The best part about intermittent fasting is that it doesn't require you to give up your favorite foods. You'll learn how to change when you eat, so you don't have to change what you eat. Are you ready to take control of your health, and finally step off of the diet roller coaster? All you have to do is learn how to delay, don't deny!

**The Complete Guide to Fasting** Jason Fung, Jimmy Moore, 2016 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--yet it could be revolutionary for taking health to the next level. This ancient secret is fasting. Fasting is not about starving oneself. When done right, it's an incredibly effective therapeutic approach that produces amazing results regardless of diet plan. In fact, Toronto-based nephrologist Dr. Jason Fung has used a variety of fasting protocols with more than 1,000 patients, with fantastic success. 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. Together, they make fasting as a therapeutic approach both practical and easy to understand, --Amazon.com.

Summary Readtrepreneur Publishing, 2018-03-12 *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2ANbtNk>) 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.com 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 Get Your Copy Delivered to Your Doorstep 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. If you're looking for the original book, search for this link: <http://amzn.to/2ANbtNk>

**Summary: The Obesity Code by Jason Fung: Unlocking the Secrets of Weight Loss** Napoleon Hook,2018-09-04  
Summary & Analysis of The Obesity Code by Dr. Jason Fung Disclaimer: This is a summary, review of the book The Obesity Code and not the original book. You can find the original here: <https://www.amazon.com/dp/B01BU9JZKA> The Obesity Code: Unlocking the Secrets of Weight Loss will help you fight obesity like never before. Forget about counting calories and focus on eliminating carbohydrates and sugar. This book will actually help you lose weight by making you understand the benefits of intermittent fasting. This is a practical guide with evidence to support the main ideas. To get this book, Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away!

*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, 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.

Summary of the Obesity Code Summary Books,2017-04-04 This is a summary of bestselling author Jason Fung's, The Obesity Code: Unlocking the Secrets of Weight Loss by Jason Fung. This summary is intended to give you an in depth overview of the key concepts and ideas of the book. At Summary Books, we read every chapter, extract the meaning and leave you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours. This concise book summary will help you cut through the 330 page full version of The Obesity Code and quickly understand the key concepts and ideas. The original book is detailed as; 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.

**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!

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## Jason Fung Diet Plan Pdf Introduction

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