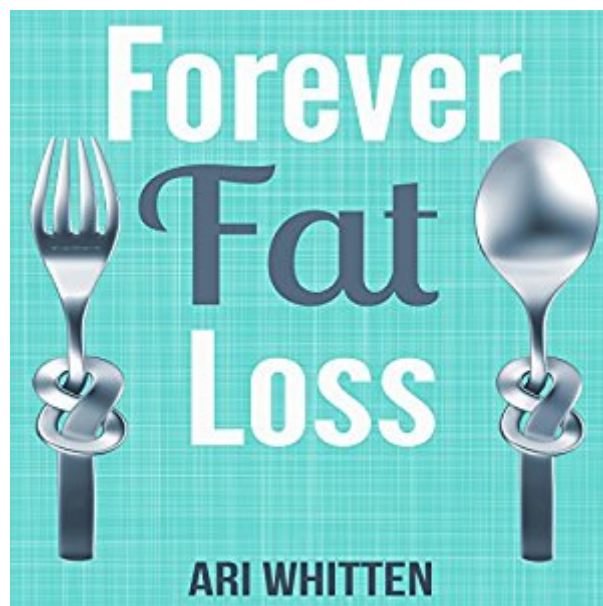


The book was found

Forever Fat Loss: Escape The Low Calorie And Low Carb Diet Traps And Achieve Effortless And Permanent Fat Loss By Working With Your Biology Instead Of Against It



Synopsis

Escape the dieting trap and transform your life Have you been spinning your wheels, trying diet after diet, only to lose and regain the same 10, 20, or 30 pounds over and over again? Author Ari Whitten's here to tell you that it's not your fault! The common weight loss strategy of "burn more calories than you take in" will fail 95% of you in the long term, simply because this goes against your body's natural wisdom. So it's time to stop fighting against your biology and start working with your biology. Forever Fat Loss will show you how. Eat what you crave and get leaner by the day Sick of suffering through diets where you need to restrict fat, carbs, or calories? There is a better way. Satisfy your cravings for sweet, salty, and fatty foods, and still reach your fat loss goals effortlessly. Forever Fat Loss sheds light on a whole new way of eating that will keep your taste buds happy without increasing your pants size. Eliminate the hidden triggers that are keeping you fat Did you know that one hour of watching television shaves more minutes off your life than one cigarette? How is your sleep affecting your waistline? Why is it that 500 calories of broccoli affects your body differently than 500 calories of processed food? The answers to these questions may hold the secret to why you can't lose weight, even if you've struggled with diet and exercise for years. Forever Fat Loss takes you step by step through scientifically proven methods for increasing health and shedding excess fat. Uncover the secrets of the fat loss industry Discover the real causes of the obesity epidemic that the fat-loss industry never told you because they aren't even aware of these causes themselves. Learn why people actually lose weight on low-carb diets. (Hint: it's not from restricting carbs!) Find out what kind of exercise actually works and how much of it you should be doing. From magnesium and metabolism to insulin and leptin, it's all covered in this comprehensive plan that will have you working with your biology rather than against it. There's no excuse - Ari makes this plan accessible to everyone, whether you're eating the standard American diet from your couch or dashing off to a meeting as the CEO of a Fortune 500 company.

Book Information

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Customer Reviews

This is a gem of a book: inexpensive, brief, and truly useful. If you spend an afternoon with this book I think you will learn more about what is currently known about the causes of obesity than almost any other armload of books on the subject. And most likely, that means you will know more about how to deal with it as well. The thing that distinguishes the approach in this book is that the author neatly sidesteps most of the usual politics and economics of food, the bizarre fanaticisms of the fitness industry, the various diet cults, and the well-meaning but useless advice usually given out of frustration by physicians. Instead, he simply reviews the current state of the research in obesity and its causes, and offers a simple high-level counter-strategy based on that review. The core findings the author reports are relatively uncontroversial among obesity researchers: 1. Quality and length of life are significantly impacted by metabolic diseases 2. Obesity is a significant driver of metabolic diseases 3. Chronic overconsumption is the primary driver of obesity statistically Then we get to the part that makes a difference: 4. Chronic overconsumption is in turn driven primarily by high reward, high variety availability, disruption of circadian rhythms, and adverse metabolic changes caused by being sedentary. And the remarkable and important implication, supported by the low success rate of calorie restriction and calorie burning focused strategies: 5.

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