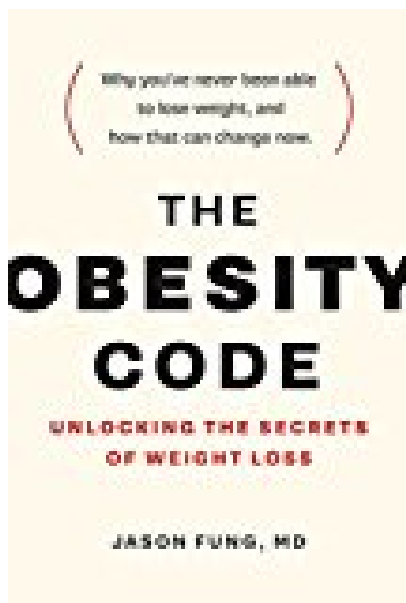


The Obesity Code Unlocking the Secrets of Weight Loss



BOOK DETAILS

- Author : Jason Fung
- Pages : 330 Pages
- Publisher : Greystone Books
- Language : English
- ISBN :



BOOK SYNOPSIS

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. Flying in the face of the weight-loss recommendations that have failed in the past, this book reveals that obesity is a hormonal, not a caloric imbalance. As he explores the latest in nutritional science, Dr. Fung provides practical, effective advice on weight loss and the treatment of Type 2 diabetes based on sound scientific principles.

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