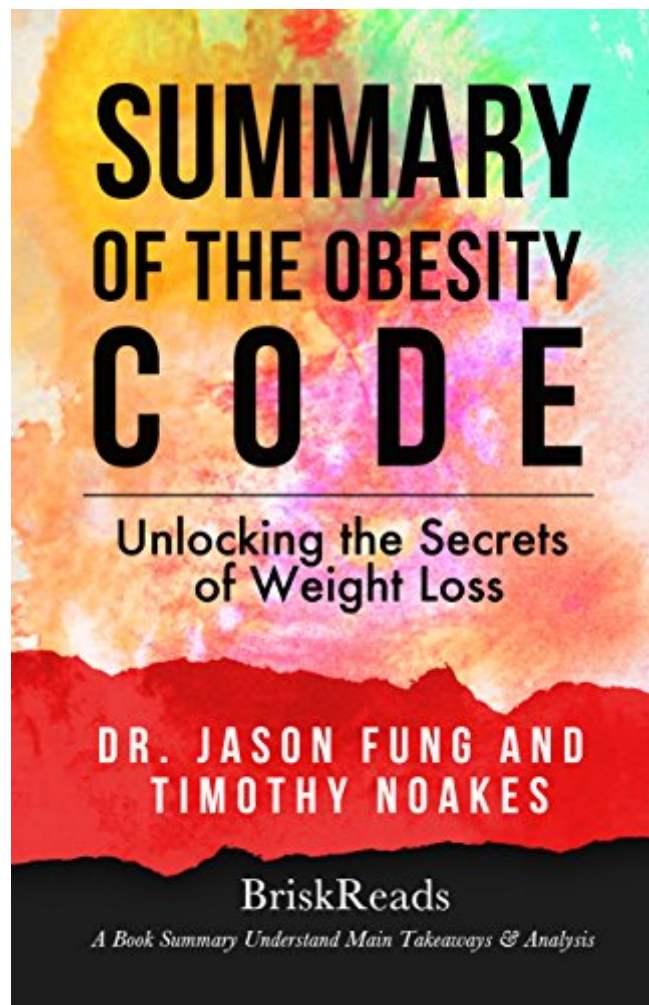


The book was found

Summary: The Obesity Code: Unlocking The Secrets Of Weight Loss By Dr. Jason Fung And Timothy Noakes: Understand Main Takeaways And Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet)





Synopsis

Want to Unlock the Secrets of Weight Loss? In this book, I am going to show you the summary of the Obesity Code so that you can truly understand the effects of insulin and insulin resistance and what it can do to your body. There are times that even if we plan our diet and have a set meal plans, we still don't follow it which leads to us neglecting our health. These situations are inevitable and this is the reason of the book's existence. By reading and applying what you will learn in this book, you will be able to understand the effects of insulin and insulin resistance, in line with it, you will start controlling your insulin levels to be physically fit. While we can't promise someone, they will be awarded of a rapid weight loss, but we can promise that we will increase their chances of disciplining themselves and achieve a healthier body slowly and surely. Don't delay or time will pass, and you still won't learn how to discipline on your food intake! So let's get started on making you the master of your mind and body RIGHT NOW! The tips and tricks from the summary you're about to read have proven results. Each chapter provides new secrets that will help you stay in control of your mind and at the same time result in a healthy body, and get a leg up on the competition against yourself. If you follow the techniques we reveal in this book, it's highly possible you can enjoy the rest of your life unburdened by fears and insecurities. Here Is A Preview Of What You'll Learn... Obesity Background Knowing the Importance of Reducing Calories Overeating Problems All About Insulin And much, much more! Get your copy RIGHT NOW by pressing the buy now button and make a permanent change for your life TODAY! Tags: Summary Takeaways Analysis Reviews, Dr. Jason Fung and Timothy Noakes, Weight Watchers, Low Carb, Insulin Resistance, Vegan Diet, Clean Eating

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Customer Reviews

Non-English speaker giving his/her understanding of what the original book said. Sometimes confusing, sometimes comical, and not always accurate and often incomplete. Great affinity for the phrase "Be that as it may." I read the original book and wanted something to give to family members that would be a quicker read. If I read only this I would have no clue, and in fact I'm more confused and need to go back and reread the original.

A real eye opener and anyone, no everyone, with a weight problem or diabetes should read this book.

I don't know if this book is a translation or not, but the poor grammar and uneven sentence structure makes it difficult to follow.

It appears that no one proof read this book; extremely poor quality control. Did not enjoy reading it at all.

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