

jason fung books

jason fung books have gained significant attention in the fields of nutrition, weight loss, and metabolic health. As a renowned nephrologist and expert in intermittent fasting and low-carb diets, Dr. Jason Fung has authored several influential books that explore innovative approaches to managing obesity, type 2 diabetes, and other metabolic disorders. His works provide evidence-based insights into the role of insulin, fasting, and diet in improving health outcomes. This article delves into the most notable Jason Fung books, highlighting their core concepts, impact on the medical community, and practical applications for readers seeking sustainable health improvements. Whether you're a healthcare professional or an individual interested in metabolic health, understanding the themes and recommendations in Jason Fung books is essential. The following sections will provide a detailed overview of his key publications, their unique approaches, and the science behind them.

- Overview of Jason Fung's Approach to Health
- Detailed Review of Jason Fung Books
- Key Concepts in Jason Fung Books
- Impact and Reception of Jason Fung's Work
- Practical Applications and Recommendations

Overview of Jason Fung's Approach to Health

Jason Fung's medical philosophy centers on the understanding that hormonal imbalances, particularly involving insulin, are primary drivers of obesity and type 2 diabetes. His approach challenges conventional dietary guidelines by emphasizing the therapeutic potential of intermittent fasting and low-carbohydrate, high-fat diets. These strategies aim to reduce insulin resistance and promote metabolic flexibility. Jason Fung books often advocate for lifestyle adjustments rather than reliance on medications alone, positioning diet and fasting as powerful tools for long-term health improvement. His framework is grounded in both clinical experience and emerging scientific research, providing a compelling alternative to traditional treatment paradigms.

Medical Background and Expertise

Dr. Jason Fung is a Canadian nephrologist with extensive clinical experience managing patients with kidney disease and diabetes. His expertise in metabolic disorders informs his writing, lending credibility and depth to his recommendations. Jason Fung books synthesize his clinical observations with current scientific literature, offering readers a well-rounded perspective on disease management through diet and fasting protocols.

Core Principles of Fung's Methodology

The core principles emphasized in Jason Fung books include:

- Understanding the hormonal regulation of weight, especially insulin's role.
- Utilizing intermittent fasting as a natural means to lower insulin levels.
- Adopting low-carbohydrate, whole-food diets to improve metabolic health.
- Moving away from calorie counting towards more sustainable eating patterns.
- Addressing root causes of metabolic diseases instead of just symptoms.

Detailed Review of Jason Fung Books

Jason Fung has authored several prominent books that have shaped the discussion around fasting and metabolic health. Each book addresses specific aspects of diet, weight management, and disease reversal, making his collection a valuable resource for diverse audiences.

The Obesity Code

The Obesity Code: Unlocking the Secrets of Weight Loss is perhaps Jason Fung's most famous work. This book explores the hormonal mechanisms behind obesity, particularly the impact of insulin on fat storage and hunger. Fung argues that conventional calorie-restriction diets often fail because they do not address insulin resistance. The book introduces readers to intermittent fasting as a practical and effective strategy to reduce insulin levels and promote fat loss. It combines scientific explanations with actionable advice, making it accessible to both professionals and lay readers.

The Diabetes Code

The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally builds upon the principles outlined in *The Obesity Code*. This book focuses specifically on type 2 diabetes, presenting fasting and dietary interventions as tools to reverse the disease. Fung challenges the prevailing notion that type 2 diabetes is a chronic, progressive illness that can only be managed through medication. Instead, he proposes that by addressing insulin resistance through diet and fasting, patients can achieve remission. This book includes case studies and practical guidelines for implementing these strategies safely.

The Complete Guide to Fasting

Co-authored by Jason Fung and Jimmy Moore, *The Complete Guide to Fasting* serves as a

comprehensive manual for those interested in incorporating fasting into their lifestyle. It covers various fasting protocols, their benefits, and how to overcome common challenges. The book also addresses myths and misconceptions about fasting, providing scientific evidence to support its safety and efficacy. This guide is particularly useful for beginners seeking structured plans and expert advice on intermittent and extended fasting.

Key Concepts in Jason Fung Books

Jason Fung books consistently emphasize several key concepts that underpin his approach to metabolic health. Understanding these ideas is crucial for grasping the rationale behind his dietary and fasting recommendations.

Insulin and Its Role in Metabolic Disease

Central to Fung's message is the concept that insulin is the master regulator of fat storage and metabolism. Elevated insulin levels, often caused by excessive carbohydrate intake and frequent eating, lead to insulin resistance, weight gain, and metabolic disorders. Jason Fung books explain how reducing insulin through dietary changes and fasting can reverse these conditions.

Intermittent Fasting as a Therapeutic Tool

Intermittent fasting involves cycling between periods of eating and abstaining from food. Fung advocates this practice as a natural and effective way to lower insulin levels, improve insulin sensitivity, and promote fat burning. His books outline different fasting schedules, such as 16:8 (16 hours fasting, 8 hours eating) and longer fasts, explaining their physiological effects and practical implementation.

Low-Carbohydrate and Whole-Food Diets

Jason Fung promotes low-carbohydrate, high-fat diets that focus on whole, unprocessed foods. These diets help stabilize blood sugar and insulin levels, reducing hunger and supporting sustained weight loss. His books emphasize the importance of quality nutrition over calorie counting, encouraging readers to prioritize nutrient-dense meals.

Addressing Root Causes Rather Than Symptoms

Unlike conventional approaches that often rely on medications to manage symptoms, Fung's methodology targets the underlying hormonal imbalances causing metabolic diseases. This holistic perspective is a recurring theme in Jason Fung books, highlighting the potential for disease reversal through lifestyle modification.

Impact and Reception of Jason Fung's Work

Jason Fung books have had a significant impact on both the medical community and the general public. They have contributed to a broader acceptance of fasting and low-carb diets as legitimate therapeutic options. Many healthcare providers have incorporated his principles into patient care, especially for managing type 2 diabetes and obesity.

Influence on Medical Practice

The evidence-based approach in Jason Fung books has encouraged clinicians to reconsider traditional treatment strategies. His emphasis on fasting and dietary interventions aligns with emerging research supporting the metabolic benefits of these methods. As a result, Fung's work has helped shift the paradigm toward more holistic and patient-centered care.

Public and Patient Response

Readers of Jason Fung books often report improved health outcomes, including weight loss, better blood sugar control, and increased energy. The accessibility of his writing and practical guidance has made complex medical concepts understandable, empowering many to take control of their health. However, some critics caution that fasting may not be suitable for everyone and stress the importance of medical supervision.

Practical Applications and Recommendations

Jason Fung books provide readers with actionable strategies to implement fasting and dietary changes safely and effectively. These recommendations are designed to be adaptable to individual needs and lifestyles.

Starting Intermittent Fasting

For beginners, Fung suggests starting with simple fasting schedules like the 16:8 method, gradually increasing fasting duration as tolerated. He emphasizes listening to the body's signals and maintaining adequate hydration and nutrient intake during eating periods.

Dietary Guidelines

Fung advocates for reducing refined carbohydrates and sugars while increasing healthy fats and proteins. Emphasizing whole foods such as vegetables, nuts, seeds, and quality animal products supports metabolic health and satiety. Jason Fung books recommend avoiding processed foods and artificial sweeteners.

Monitoring and Support

Implementing fasting and dietary changes should involve monitoring blood glucose levels, ketones, and overall well-being. Consulting healthcare professionals, especially for individuals with pre-existing conditions, is advised to ensure safety.

Benefits of Following Fung's Recommendations

- Improved insulin sensitivity and blood sugar control
- Effective and sustainable weight loss
- Reduced risk of metabolic syndrome and cardiovascular disease
- Enhanced mental clarity and energy levels
- Potential reversal of type 2 diabetes

Frequently Asked Questions

Who is Jason Fung and what topics do his books cover?

Jason Fung is a Canadian nephrologist and author known for his books on intermittent fasting, low-carb diets, and managing type 2 diabetes. His books focus on nutrition, weight loss, and improving metabolic health.

What are some popular books written by Jason Fung?

Some popular books by Jason Fung include 'The Obesity Code,' 'The Diabetes Code,' and 'The Complete Guide to Fasting.' These books explore the science behind obesity, diabetes, and fasting protocols.

How does Jason Fung explain the role of insulin in obesity in his books?

In his books, Jason Fung explains that high insulin levels drive fat storage and make weight loss difficult. He emphasizes reducing insulin through diet changes like intermittent fasting and low-carb eating to effectively manage obesity.

Are Jason Fung's books suitable for people with type 2 diabetes?

Yes, Jason Fung's books are particularly aimed at people with type 2 diabetes, offering

strategies such as intermittent fasting and dietary changes to help reverse or manage the condition naturally.

What unique approach does Jason Fung advocate for weight loss in his books?

Jason Fung advocates for intermittent fasting combined with a low-carbohydrate diet as a natural and sustainable approach to weight loss, focusing on hormonal regulation rather than calorie counting.

Where can I buy or read Jason Fung's books?

Jason Fung's books are available for purchase on platforms like Amazon, Barnes & Noble, and other major bookstores. They are also available in ebook and audiobook formats for convenient access.

Additional Resources

1. The Obesity Code: Unlocking the Secrets of Weight Loss

This book by Jason Fung explores the underlying causes of obesity, challenging traditional calorie-focused weight loss methods. Fung explains how hormonal imbalances, particularly insulin resistance, drive weight gain. The book provides actionable strategies, including intermittent fasting and dietary changes, to combat obesity effectively.

2. The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally

In this follow-up to *The Obesity Code*, Fung delves into type 2 diabetes, revealing how it can be reversed through lifestyle interventions. He emphasizes the role of insulin and diet in managing blood sugar levels. The book offers practical advice on fasting and nutrition to help readers regain control over their health.

3. Life in the Fasting Lane: How to Make Intermittent Fasting a Lifestyle

Co-authored by Jason Fung, this book serves as a comprehensive guide to intermittent fasting. It combines scientific research with personal stories to demonstrate the benefits of fasting for weight loss, metabolic health, and longevity. Readers are provided with various fasting protocols and tips for sustainable practice.

4. The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting

This guidebook offers an in-depth look at different fasting methods, from daily intermittent fasting to longer extended fasts. Fung explains the physiological effects of fasting and how it can improve metabolic health. The book is designed to help readers implement fasting safely and effectively.

5. The Longevity Solution: Rediscovering Centuries-Old Secrets to a Healthy, Long Life

While not solely authored by Fung, this book complements his work by exploring dietary and lifestyle practices that promote longevity. It highlights traditional diets, fasting, and exercise as key factors in aging well. The book integrates scientific insights with practical advice to enhance healthspan.

6. *Eat Stop Eat: The Simple Secret of Intermittent Fasting*

Written by Brad Pilon, this book aligns with Fung's intermittent fasting principles. It introduces a flexible fasting approach focusing on 24-hour fasts once or twice a week. The book breaks down common myths about fasting and encourages a sustainable, approachable method for weight management.

7. *Why We Get Fat: And What to Do About It*

Gary Taubes investigates the root causes of obesity and challenges conventional dietary wisdom, similar to Fung's perspective. He argues that carbohydrates play a central role in fat accumulation and metabolic disorders. The book offers a critical look at nutrition science and advocates for low-carb diets.

8. *Fast. Feast. Repeat.: The Comprehensive Guide to Delay, Don't Deny® Intermittent Fasting*

Authored by Gin Stephens, this book provides a modern take on intermittent fasting that complements Fung's teachings. It emphasizes a flexible fasting lifestyle with a focus on listening to one's body. The book includes practical tips, meal ideas, and motivational support for fasting success.

9. *The Art and Science of Low Carbohydrate Living*

Co-authored by Jeff Volek and Stephen Phinney, this book supports Fung's approach by detailing the benefits of low-carb diets for metabolic health. It explains how reducing carbohydrate intake can improve insulin sensitivity and promote fat loss. The book combines scientific evidence with practical guidelines for adopting a low-carb lifestyle.

Jason Fung Books

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jason fung books: The Obesity Code Dr. Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss. Understand the science of weight gain and insulin resistance. Stop suffering and ditch calorie counting, yoyo diets, and excessive exercise. In this highly readable book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He reveals that everything you've been told about how to lose weight is wrong: weight gain is driven by hormones, and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. Dr. Fung shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—permanently.

jason fung books: 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*

jason fung books: The Cancer Code Jason Fung, 2020-11-10 Author of the international bestsellers *The Diabetes Code* and *The Obesity Code* Dr. Jason Fung returns with an eye-opening biography of cancer in which he offers a radical new paradigm for understanding cancer--and issues a call to action for reducing risk moving forward. Our understanding of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but the War on Cancer has hardly been won. In *The Cancer Code*, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease--what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community's many missteps in cancer research--in particular, its focus on genetics, or what he terms the seed of cancer, at the expense of examining the soil, or the conditions under which cancer flourishes. Dr. Fung--whose groundbreaking work in the treatment of obesity and diabetes has won him international acclaim--suggests that the primary disease pathway of cancer is caused by the dysregulation of insulin. In fact, obesity and type 2 diabetes significantly increase an individual's risk of cancer. In this accessible read, Dr. Fung provides a new paradigm for dealing with cancer, with recommendations for what we can do to create a hostile soil for this dangerous seed. One such strategy is intermittent fasting, which reduces blood glucose, lowering insulin levels. Another, eliminating intake of insulin-stimulating foods, such as sugar and refined carbohydrates. For hundreds of years, cancer has been portrayed as a foreign invader we've been powerless to stop. By reshaping our view of cancer as an internal uprising of our own healthy cells, we can begin to take back control. The seed of cancer may exist in all of us, but the power to change the soil is in our hands.

jason fung books: Summary Dr. Jason Fung's the Obesity Code Ant Hive Media,

2016-09-23 This is a Summary of Dr. Jason Fung's The Obesity Code: Unlocking the Secrets of Weight 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 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. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 296 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

jason fung books: The Complete Guide to Fasting Jimmy Moore, Jason Fung, 2016-10-18
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. This ancient secret is fasting. 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.

jason fung books: The Diabetes Code Cookbook Dr. Jason Fung, Alison Maclean, 2021-11-02
The ultimate companion cookbook to The Diabetes Code from the New York Times-bestselling author and pioneer of intermittent fasting, Dr. Jason Fung. Dr. Jason Fung helped thousands of people lose weight with his breakout bestseller The Obesity Code. Next, he helped prevent and reverse type 2 diabetes with his groundbreaking book The Diabetes Code. Now, The Diabetes Code Cookbook makes it even easier to follow Dr. Fung's proven advice for preventing and reversing type 2 diabetes through intermittent fasting and a low carb/high-fat diet. This cookbook features full-color photographs and includes: 100 simple and delicious recipes to help manage insulin and aid in weight loss Intermittent fasting schedules and plans (16, 24, 30, and 26-hour fasts) Grocery shopping lists A new intro from Dr. Fung with up-to-date information on insulin resistance and its connection to weight gain and type 2 diabetes Readers will come away with knowledge of their health and an arsenal of mouthwatering meals—because eating for type 2 diabetes doesn't have to be bland!

jason fung books: Summary: Dr. Jason Fung's the Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, ... Sarah Fields, 2019-02-16 Dr. Jason Fung's book The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended is the comprehensive manual to the revolutionary healthy habit of fasting. Thousands of books have been published about the greatest and latest diets that can help individuals lose excess weight and improve their overall health. The key element in any effective nutritional health program is the method that has been tried for many ages: fasting. In this book, Dr. Fung defines what fasting is really about and how it can effectively produce amazing results and become therapeutic when it's done right. The Complete Guide to Fasting also provides the tools that readers need to get started and get through their fasts. In this comprehensive look into The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Dr. Jason Fung not affiliated to the original work or author in any way and does not

contain any text of the original work. Please purchase or read the original work first.

jason fung books: The Diabetes Code Dr. Jason Fung, 2018-04-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG • “The doctor who invented intermittent fasting.” —The Daily Mail “Dr. Fung reveals how [type 2 diabetes] can be prevented and also reversed using natural dietary methods instead of medications ... This is an important and timely book. Highly recommended.” —Dr. Mark Hyman, author of The Pegan Diet “Dr. Jason Fung has done it again. ... Get this book!” —Dr. Steven R. Gundry, author of The Plant Paradox Everything you believe about treating type 2 diabetes is wrong. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this groundbreaking book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, Dr. Fung explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. “The Diabetes Code is unabashedly provocative yet practical ... a clear blueprint for everyone to take control of their blood sugar, their health, and their lives.”—Dr. Will Cole, author of Intuitive Fasting

jason fung books: 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.

jason fung books: 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!

jason fung books: 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.

jason fung books: The Cancer Code Dr Fung, Jason Fung, 2024-03-26 Author of the international bestsellers The Diabetes Code and The Obesity Code Dr. Jason Fung returns with an eye-opening biography of cancer in which he offers a radical new paradigm for understanding cancer--and issues a call to action for reducing risk moving forward. Our understanding of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but the War on Cancer has hardly been won. In The Cancer Code, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease--what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community's many missteps in cancer research--in particular, its focus on genetics, or what he terms the seed of cancer, at the expense of examining the soil, or the conditions under which cancer flourishes. Dr. Fung--whose groundbreaking work in the treatment of obesity and diabetes has won him international acclaim--suggests that the primary disease pathway of cancer is caused by the dysregulation of insulin. In fact, obesity and type 2 diabetes significantly increase an individual's risk of cancer. In this accessible read, Dr. Fung provides a new paradigm for dealing with cancer, with recommendations for what we can do to create a hostile soil for this dangerous seed. One such strategy is intermittent fasting, which reduces blood glucose, lowering insulin levels. Another, eliminating intake of insulin-stimulating foods, such as sugar and refined carbohydrates. For hundreds of years, cancer has been portrayed as a foreign invader we've been powerless to stop. By reshaping our view of cancer as an internal uprising of our own healthy cells, we can begin to take back control. The seed of cancer may exist in all of us, but the power to change the soil is in our hands.

jason fung books: The Diabetes Code Journal Jason Fung, 2023-10-31 A companion journal to The Diabetes Code from Dr Jason Fung, New York Times bestselling author, creator of The Obesity Code, and 'founder of intermittent fasting'. (The Daily Mail) The Diabetes Code Journal begins by outlining Dr Fung's trademark, proven approach to treating type 2 diabetes: intermittent fasting, and a low-carb, healthy high-fat diet that has helped thousands of people lose weight and transform their health for good. Modeled on the groundbreaking approach outlined in The Diabetes Code, this 12-week journal includes: Space to record your daily food intake Tools for monitoring glucose spikes and dips A fun weekly challenge! Mindfulness prompts for developing a positive relationship with food A selection of recipes from The Diabetes Code Cookbook A shopping list. With Dr Fung's empathetic approach and science-backed information and tips, The Diabetes Code Journal offers a daily practice that anyone can follow. Get ready to kickstart your journey to better health today.

jason fung books: Summary: Dr. Jason Fung's the Obesity Code: Unlocking the Secrets

of Weight Loss Sarah Fields, 2019-02-18 According to Dr. Jason Fung, everything that you have believed about how to lose weight is wrong. In everyone, weight gain and obesity are driven by hormones. Only by understanding the effects of your body's insulin and its insulin resistance can we achieve lasting weight loss. In this new provocative book *The Obesity Code: Unlocking the Secrets of Weight Loss*, Dr. Jason Fung begins an original and robust theory of obesity. In this theory, he provides startling insights into your body and the proper nutrition for it. Dr. Fung showed five basic steps to weight loss. He writes a set of lifelong habits that will further improve your health and also control your insulin levels. Dr. Fung explains how you can effectively use intermittent fasting to break the cycle of insulin resistance and reach your ideal healthy weight for good. In this comprehensive look into *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

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jason fung books: *Life in the Fasting Lane* Dr. Jason Fung, Eve Mayer, Megan Ramos, 2020-04-07 Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. what do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? *Life in the Fasting Lane* fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

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world of bliss, and expose him to areas hitherto untouched in the original book. But for this to be possible, it's advised that the reader diligently commits to answering the questions herein, so as to enjoy maximum satisfaction. The lessons in this workbook are made easy and straightforward for readers to understand correctly; the action steps will enable the reader to learn the teachings of the original book. The checklist helps the readers to put themselves on check to become a better version of themselves. By providing answers to the questions in this workbook, the reader's expectation for getting this workbook must have been met Remember, this is a weight loss book. Have fun, be patient with yourself, while you enjoy the journey using this workbook. If you Haven't Already, Kindly Scroll Up and Click The Buy Button To Get Started Disclaimer: This is a Workbook review of the book The Obesity Code by Dr. Jason Fung Written by Orange Books and not the original book

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