

foreword by **TIMOTHY NOAKES**

Why your body's own
insulin is the key to
controlling your weight

THE OBESITY CODE

**UNLOCKING
THE SECRETS OF
WEIGHT LOSS**

JASON FUNG, MD

Dr. Jason Fung

The Obesity Code: Unlocking the Secrets of Weight Loss



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in everyone's"; Weight gain and obesity are powered by hormones"; Jimmy Moore, author, Keto Clearness and Cholesterol Clarity Everything you believe about how to lose excess weight is wrong. Fung zeroes in about why insulin resistance is becoming so prevalent and will be offering specific outside-the-box solutions that have emerged as the crucial to maximizing health. for good. In this highly readable and provocative publication, Dr. Jason Fung models out an original, robust theory of obesity that delivers startling insights into appropriate nutrition. In addition to his five fundamental steps, a couple of lifelong habits that will improve your wellbeing and control your insulin levels, Dr. Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a wholesome pounds"; and only by understanding the effects of insulin and insulin resistance can we achieve long lasting weight loss.



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