

**IT'S NOT  
“LOSE WEIGHT TO  
GET HEALTHY.” IT'S**

**“GET  
HEALTHY**

**TO**

**LOSE  
WEIGHT”!**

**Healthy Ketosis & Intermittent Fasting**

**ERIC BERG, DC**

Dr. Eric Berg

It's Not Lose Weight to Get Healthy, It's Get Healthy to Lose Weight



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s Not Lose Fat to Get Healthy, It's Get Healthy to Lose Weight, is a companion publication to my New PHYSIQUE Guideline. I wanted a summary of the essential highlights along with pictures of what a meal would look like. Additionally, you will find out the triggers to insulin, the primary fat making hormones. I take you through step-by-step how insulin resistance is created using lots of graphics and that means you really get the deeper understanding. This 54 page booklet is meant to browse within a few hours so you can jump and get started. In this manner you could visualize the amounts and percentages of carbohydrates, proteins and fats.



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