

**The Calorie Myth: How to Eat More and Exercise Less, Lose Weight, and Live Better**

Jonathan Bailor's The Calorie Myth is a revolutionary diet book that explains how cutting-edge science supports a radically different approach to weight loss, offering evidence that calories do not matter. Bailor shows that the key to long-term weight-loss is not the number of calories consumed but rather what kinds of calories. Some foods are used to repair tissue, boost brain power, and fuel our metabolism--while others are stored as fat. The human body has a set point--the weight it naturally "wants" to be--that is regulated by hormones. When we eat the right foods--plants, lean proteins, nuts, and legumes--our bodies are naturally able to maintain a healthy set point weight. But when we eat sugar, starches, fats, and other poor-quality foods, our bodies' regulatory systems become "clogged" and prevent us from burning extra calories. Translation: Those extra 10 pounds you've been carrying around for years aren't the result of eating too much: They're the result of eating hormone-clogging foods. With its step-by-step program, including a "SANEity" scale that determines which foods are optimal for weight-control; an eating plan; and a high intensity interval training (HIIT) exercise program that allows you to spend less time in the gym and achieve better results, The Calorie Myth offers a radical new model for weight loss. ...more The Calorie Myth: How to Eat More and Exercise Less, Lose Weight, and Live Better PDF ebook

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