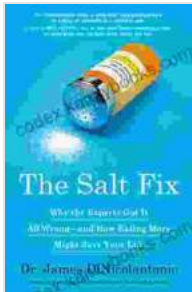


Why the Experts Got It All Wrong: How Eating More Might Save Your Life



The Salt Fix: Why the Experts Got It All Wrong--and How Eating More Might Save Your Life

by Dr. James DiNicolantonio

★★★★☆ 4.7 out of 5

Language : English
File size : 9443 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 274 pages



By Dr. Jason Fung

For decades, we've been told that the key to a healthy weight is to eat less and exercise more. But what if that's all wrong?

In his groundbreaking book, *Why the Experts Got It All Wrong*, Dr. Jason Fung challenges the conventional wisdom about diet and weight loss. He presents a wealth of scientific evidence to show that eating more might actually be the key to a longer, healthier life.

Fung argues that the human body is designed to store fat for energy. When we eat less, our bodies go into starvation mode and start to break down

muscle tissue. This can lead to a number of health problems, including weight gain, fatigue, and even heart disease.

On the other hand, when we eat more, our bodies are able to burn fat for energy. This can lead to weight loss, increased energy levels, and improved overall health.

Fung's research has shown that people who eat more tend to be leaner, healthier, and live longer than those who eat less. He also found that people who eat more are less likely to develop chronic diseases such as heart disease, diabetes, and cancer.

So, if you're looking to lose weight and improve your health, the best thing you can do is to eat more. But not just any food. Fung recommends eating a diet that is high in healthy fats and protein, and low in carbohydrates.

This type of diet will help you to burn fat, lose weight, and improve your overall health. So, what are you waiting for? Start eating more today!

The Scientific Evidence

Fung's claims are backed up by a wealth of scientific evidence. Here are just a few of the studies that he cites in his book:

- A study published in the journal *Obesity* found that people who ate a high-fat, low-carbohydrate diet lost more weight than those who ate a low-fat, high-carbohydrate diet.
- A study published in the journal *The Lancet* found that people who ate a high-protein diet had a lower risk of developing heart disease than those who ate a low-protein diet.

- A study published in the journal *Diabetes Care* found that people who ate a low-carbohydrate diet had better blood sugar control than those who ate a high-carbohydrate diet.

These are just a few of the many studies that support Fung's claims. The scientific evidence is clear: eating more can help you to lose weight, improve your health, and live longer.

The Surprising Truth About How Our Bodies Really Work

Fung's research has led him to a new understanding of how our bodies really work. He has found that the human body is not designed to eat small meals throughout the day. Instead, we are designed to eat large meals infrequently.

When we eat small meals throughout the day, our bodies are constantly producing insulin. Insulin is a hormone that helps to store fat. So, when we eat small meals throughout the day, we are constantly storing fat.

On the other hand, when we eat large meals infrequently, our bodies are able to burn fat for energy. This is because our insulin levels are lower when we eat large meals infrequently.

Fung's research has also shown that the human body is able to adapt to different levels of food intake. When we eat less, our bodies become more efficient at storing fat. When we eat more, our bodies become more efficient at burning fat.

This means that the best way to lose weight and improve your health is to eat more. But not just any food. Fung recommends eating a diet that is high

in healthy fats and protein, and low in carbohydrates.

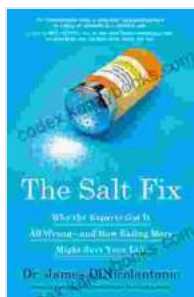
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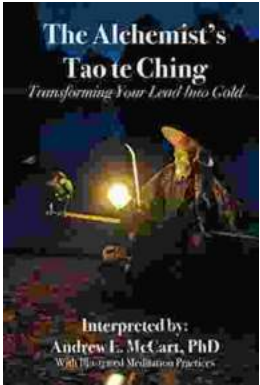


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