



Body Weight Regulation: Essential Knowledge to Lose Weight and Keep It Off

Joseph Proietto

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The main purpose of Body Weight Regulation is to educate the reader on the best strategy for losing weight and keeping it off long term. But after many years of managing obesity, the author has found that to achieve the best results, it is essential to understand the true nature of obesity. Thus this book first discusses the way the brain regulates body weight and how obesity cannot be caused only by poor lifestyle choices. It reviews the overwhelming evidence that obesity has a strong genetic or epigenetic basis and gives an evidence-based, detailed strategy on how to lose weight and keep it off . Body Weight Regulation discusses practical advice on how to structure meals that can be used during the weight-loss and weight-maintenance phases.

Body Weight Regulation: Essential Knowledge to Lose Weight and Keep It Off Details

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From Reader Review Body Weight Regulation: Essential Knowledge to Lose Weight and Keep It Off for online ebook

John Naylor says

I received this book for free via Goodreads First Reads.

It is the first diet book that I have ever read. It is well researched and quotes its sources constantly. It also contains advice and recipes to lose weight and to keep it off.

It gives a good explanation of how the human body works as well as the causes of obesity both genetic and cultural.

I have been forced recently to stop eating meat. This is for health reasons. I think the book lacks a little in advice for those who cannot eat certain products or have allergies. That is the only reason I have given it 4 stars not 5. Worth looking at if you have a weight concern.
