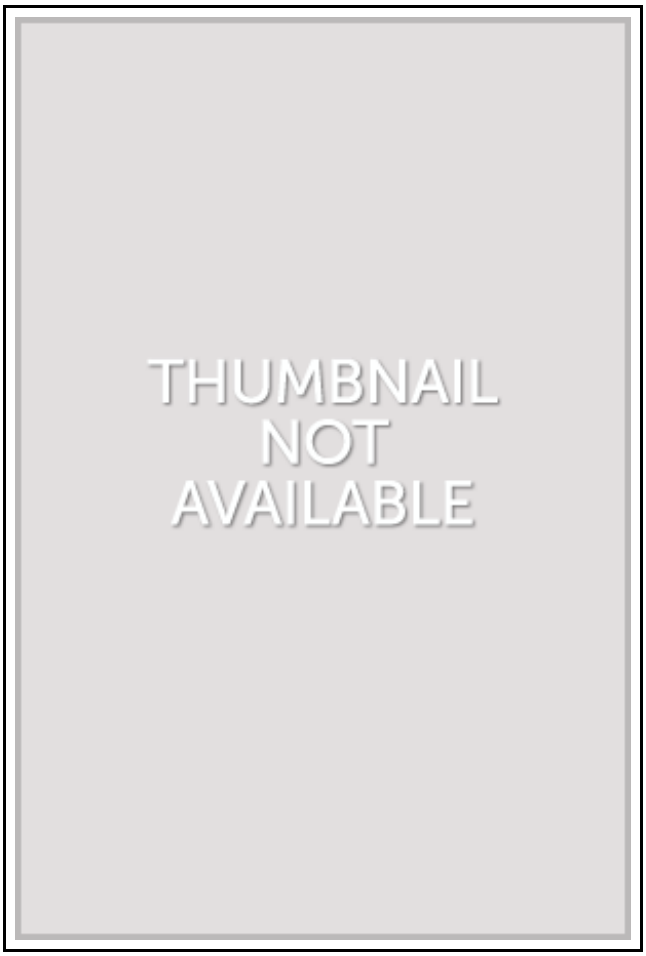
Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better



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Reviews

This ebook is definitely not effortless to get started on reading through but very fun to read through. it was actually writtern very perfectly and valuable. I discovered this ebook from my dad and i suggested this book to understand.

(Kaden Daugherty V)

CALORIE MYTH: HOW TO EAT MORE, EXERCISE LESS, LOSE WEIGHT, AND LIVE BETTER

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better, Jonathan Bailor, In this revolutionary weight-loss program informed by more than 1,200 scientific studies, fitness and diet expert Jonathan Bailor offers concrete evidence that the calorie-counting model of weight loss doesn't work. In fact, cutting-edge science supports a radically different approach to weight loss and health, proving that by focusing on food and exercise quality-rather than calorie quantity-you can burn fat and boost health more easily and enjoyably that you ever thought possible. The human body does not recognize all calories as equal. Some foods are used to repair tissue, boost brain power, and fuel our metabolism-while others are stored as fat. In The Calorie Myth, Bailor shows us how eating more of the right kinds of foods and exercising less, but at a higher intensity, is the true formula for burning fat. Why? Because eating high-quality foods-like whole plants and nutritious proteins-balances the hormones that regulate our metabolism. When we eat these foods, our bodies naturally maintain a healthy weight. But when we eat sugar, starches, processed fats, and other poor quality foods, the body's regulatory system becomes "clogged" and prevents us from burning extra calories. Translation: Those extra 10 pounds aren't the result of eating too much .they're the result from eating the wrong foods. In The Calorie Myth, Bailor offers clear, comprehensive guidance on what to eat and why, providing an eating plan, recipes, and a simple yet effective exercise regimen based on the principles of high intensity interval training. Losing weight doesn't have to mean going hungry or spending hours at the gym. The Calorie Myth offers a radical new model for weight loss and long-term health.

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