



Fat Loss: The Biology of Weight Control (Paperback)

By Ray Reynolds

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.To lose fat you need to be smarter than your fat cells. Unfortunately for you they have a ten million year head start on the learning curve! In this practical manual on the science of fat loss research biologist Ray Reynolds provides a detailed explanation of the biology of weight control. In an easily understood and logical step by step presentation he explains why. It is biologically impossible to lose fat by restricting caloric intake and exercising. How to reset your metabolic thermostat to automatically maintain a 10-15 body fat level. The importance of daily intermittent fasting to restore your metabolic equilibrium. How to cure your type two diabetes in less than six months. How to encourage the formation of brown fat, which our bodies use to metabolize belly fat. The cause of childhood obesity and why the rate of newborn obesity has tripled since 1980. How genetics effects a persons chances of being obese as well as having cancer. How your body uses fat cell apoptosis to remove the last 30 of your excess...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**