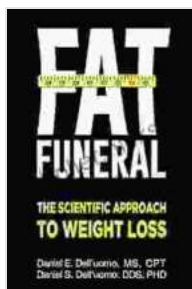


# Fat Funeral: The Scientific Approach to Weight Loss

Obesity is a major global health problem, affecting over 600 million adults worldwide. It is a significant risk factor for chronic diseases such as heart disease, stroke, type 2 diabetes, and cancer. Unfortunately, many people who try to lose weight find it difficult to keep the weight off in the long term. This is because most diets and exercise programs are not based on scientific evidence and do not address the underlying causes of obesity.

*Fat Funeral* is a new book by Dr. Jason Fung, a renowned nephrologist and obesity specialist. In this book, Dr. Fung presents a comprehensive and evidence-based approach to weight loss that focuses on the underlying hormonal and metabolic causes of obesity.



## Fat Funeral: The Scientific Approach to Weight Loss

by Daniel Dell'uomo

★★★★☆ 4.4 out of 5

Language : English  
File size : 16453 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 435 pages  
Lending : Enabled



## The Science Behind Fat Loss

Dr. Fung explains that obesity is caused by a hormonal imbalance that leads to increased insulin levels and decreased glucagon levels. Insulin is a hormone that promotes the storage of fat, while glucagon is a hormone that promotes the release of fat from storage. When insulin levels are high and glucagon levels are low, the body is more likely to store fat and less likely to burn fat.

Dr. Fung also explains that the body has a natural weight range that it tries to maintain. When you lose weight, your body will try to regain the weight by increasing your appetite and slowing down your metabolism. This is why it is so difficult to keep the weight off in the long term.

## **The Fat Funeral Solution**

Dr. Fung's solution to obesity is to use intermittent fasting to reset the body's hormones and metabolism. Intermittent fasting is a pattern of eating that involves alternating periods of fasting and eating. During the fasting periods, the body is forced to use its stored fat for energy, which leads to weight loss.

Dr. Fung recommends a 16/8 intermittent fasting schedule, which involves fasting for 16 hours each day and eating during an 8-hour window. This fasting schedule is effective at promoting weight loss and improving metabolic health.

In addition to intermittent fasting, Dr. Fung also recommends eating a healthy diet that is rich in whole foods and low in processed foods. He also recommends getting regular exercise and getting enough sleep.

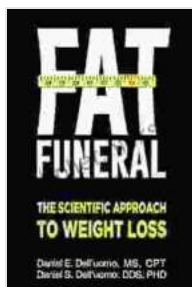
## **The Benefits of Fat Funeral**

Fat Funeral has many benefits, including:

\* Weight loss \* Improved metabolic health \* Reduced risk of chronic diseases \* Increased energy levels \* Improved mood

Fat Funeral is a safe and effective way to lose weight and improve your overall health. If you are struggling with obesity, I encourage you to read this book and try the Fat Funeral solution.

Obesity is a major health problem that can lead to a variety of chronic diseases. However, there is hope. Fat Funeral is a new book by Dr. Jason Fung that presents a comprehensive and evidence-based approach to weight loss. This book will help you understand the science behind weight loss and provide you with the tools you need to lose weight and keep it off for good.



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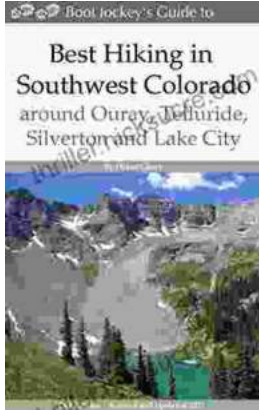
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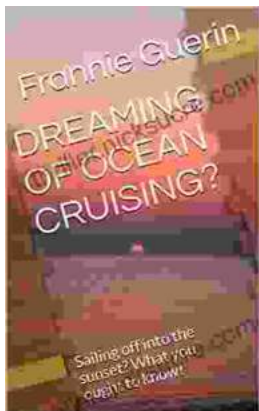
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