

His Best Obesity and Keto Diet Talks Including Insulin Autoimmune Issues

A Comprehensive Guide to Weight Loss and Metabolic Health

Obesity is a major problem in the world today, with over 600 million people affected. It is a complex disease that can lead to serious health problems, including heart disease, stroke, type 2 diabetes, and cancer.

The ketogenic diet is a high-fat, low-carbohydrate diet that has been shown to be effective for weight loss and improving metabolic health. The diet works by forcing the body to burn fat for energy instead of carbohydrates.



Dr. Paul Mason on low carb: Reversing diabetes, losing weight, fiber & lectins. : His best obesity and keto diet talks. Including insulin, autoimmune issues, the gut microbiome and general health by Lisa Manterfield

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
Print length : 121 pages
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There is a growing body of evidence that the ketogenic diet can also help to improve insulin sensitivity and reduce inflammation. This is important

because insulin resistance is a major risk factor for obesity and other chronic diseases.

In this book, Dr. Jason Fung, a leading expert on obesity and the ketogenic diet, provides a comprehensive overview of the diet, including discussions on:

- The science behind the ketogenic diet
- The benefits of the ketogenic diet for weight loss and metabolic health
- The risks and side effects of the ketogenic diet
- How to start and maintain a ketogenic diet

Dr. Fung also discusses insulin autoimmune issues, which are a group of conditions that can lead to insulin resistance and type 1 diabetes. He provides information on the causes, symptoms, and treatment of these conditions.

This book is a valuable resource for anyone who is interested in learning more about the obesity and ketogenic diet. It is also a helpful guide for people who are considering starting or maintaining a ketogenic diet.

About the Author

Dr. Jason Fung is a world-renowned expert on obesity and the ketogenic diet. He is the author of several books on the subject, including *The Obesity Code* and *The Ketogenic Diet*.

Dr. Fung is a practicing physician and researcher. He is the founder and director of the Intensive Dietary Management Program at the University

Health Network in Toronto, Canada.

Dr. Fung has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and The BBC.

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