



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

*Jonathan Bailor*

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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 than 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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#### **Raymond Lee:**

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better, you may enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its named reading friends.

#### **Floyd Lipp:**

Do you have something that you enjoy such as book? The publication lovers usually prefer to opt for book like comic, small story and the biggest the first is novel. Now, why not attempting The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better that give your fun preference will be satisfied by means of reading this book. Reading habit all over the world can be said as the method for people to know world better then how they react when it comes to the world. It can't be explained constantly that reading routine only for the geeky individual but for all of you who wants to be success person. So , for all of you who want to start reading through as your good habit, you are able to pick The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better become your current starter.

#### **James Babb:**

As we know that book is significant thing to add our expertise for everything. By a e-book we can know everything we want. A book is a range of written, printed, illustrated as well as blank sheet. Every year seemed to be exactly added. This publication The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better was filled about science. Spend your extra time to add your knowledge about your

technology competence. Some people has distinct feel when they reading the book. If you know how big selling point of a book, you can experience enjoy to read a guide. In the modern era like at this point, many ways to get book you wanted.

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