**'The Obesity Code – Unlocking the Secrets of Weight Loss'**

**and 'Summary of the Obesity Code'**

**written by Dr. Jason Fung MD 2016**

**Summary – Purchase the books for more information**

What to eat and When to eat.....

Key points to consider for long term weight management and health:

1. Reduce insulin levels and all sugars. Insulin causes OBESITY.
2. Increase sleep to a solid 7-9 hours of deep sleep nightly.
3. Reduce your stress hormone Cortisol- meditate, sleep.
4. Reduce and eliminate refined carbs/sugar/all wheat.
5. Increase vegetable fiber- raw, steamed, boiled, baked.
6. Meal timing – intermittent fasting, no snacking, skip breakfast.
7. Don't eat if you are not hungry – regardless of the clock.
8. No packaged foods. Eat real food for real health.
9. Simplify your life. Reduce stress levels. Sit in silence.
10. No time to eat? Don't eat. Stop drive-through and quick meals.
11. Don't snack.
12. Red wine. 2 glasses a day. Organic if possible.
13. Drink green tea and fresh organic coffee (within 20 minutes of brewing).
14. Increase natural fat - olive oil, avocado, coconut oil, nuts, etc.
15. Use apple cider vinegar - 1 tablespoon in water - drink daily.
16. Drink plenty of spring water- 2 litres a day.
17. Fasting - intermittent fasting, take a break from eating occasionally.
18. Skip some meals.
19. Never binge eat.
20. Moderate protein intake - grass fed, free-range, organic.

**Obesity is a hormone imbalance, NOT a calorie imbalance.**