**the fat switch kindle edition by richard j johnson** - *the classic teaching is that too much food intake plus too little exercise equals fat however this book makes the strong case that obesity does not result from gluttony and idleness but rather because we have activated a fat switch similar to that used by animals in the wild to increase fat stores*, **the fat switch book weight control guide mercola com** - *large portions of food and too little exercise is the result of the fat switch being turned on metabolic syndrome is the normal condition that animals undertake to store fat uric acid is increased by specific foods and causes obesity and insulin resistance*, **the fat switch by richard j johnson goodreads** - *the fat switch if you can learn how to control the specific switch located in the powerhouse of each of your cells the mitochondria you hold the key to fighting obesity so if you ve noticed you have less energy tire more easily with exercise or struggle to burn fat take heart we now know the reason why*, **to lose and keep off weight turn off your body s fat** - *the switch occurs in the energy factories of the body mitochondria and results in the desire to eat more than is needed and to reduce energy output thus allowing the maximal conversion of food into fat*, **the fat switch blood sugar basics** - *the fat switch tells us how fructose leads to insulin resistance the underlying factor in type 2 diabetes elevates uric acid causing inflammation and paving the way for hypertension kidney disease and fatty liver*, **5 super simple ways you can turn off your fat switch men** - *hit the switch eat breakfast and don t work through lunch there s a simple way to determine how many calories to consume for breakfast and a m snacks says dina d alessandro r d n count the hours between breakfast and lunch on a typical day and multiply by 100*

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