

# BEYOND *Metabolism*

How Your Brain, Biology & the Environment  
Create and Perpetuate Weight Issues  
...and What You Can Do About It



SCOTT ABEL

# **Beyond Metabolism How Your Brain Biology And The Environment Create And Perpetuate Weight Issues And What You Can Do About It**

**Jane I Leo**



## **Beyond Metabolism How Your Brain Biology And The Environment Create And Perpetuate Weight Issues And What You Can Do About It:**

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**The Hungry Brain** Stephan J. Guyenet, Ph.D.,2017-02-07 A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging humorous storytelling The Hungry Brain uses cutting edge science to answer the questions why do we overeat and what can we do about it No one wants to overeat And certainly no one wants to overeat for years become overweight and end up with a high risk of diabetes or heart disease yet two thirds of Americans do precisely that Even though we know better we often eat too much Why does our behavior betray our own intentions to be lean and healthy The problem argues obesity and neuroscience researcher Stephan J Guyenet is not necessarily a lack of willpower or an incorrect understanding of what to eat Rather our appetites and food choices are led astray by ancient instinctive brain circuits that play by the rules of a survival game that no longer exists And these circuits don t care about how you look in a bathing suit next summer To make the case The Hungry Brain takes readers on an eye opening journey through cutting edge neuroscience that has never before been available to a general audience The Hungry Brain delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim Along the way it explores how the human brain works revealing how this mysterious organ makes us who we are [Why Diets Make Us Fat](#) Sandra Aamodt,2016-06-07 If diets worked we d all be thin by now Instead we have enlisted hundreds of millions of people into a war we can t win What s the secret to losing weight If you re like most of us you ve tried cutting calories sipping weird smoothies avoiding fats and swapping out sugar for Splenda The real secret is that all of those things are likely to make you weigh more in a few years not less In fact a good predictor of who will gain weight is who says they plan to lose some Last year 108 million Americans went on diets to the applause of doctors family and friends But long term studies of dieters consistently find that they re more likely to end up gaining weight in the next two to fifteen years than people who don t diet Neuroscientist Sandra Aamodt spent three decades in her own punishing cycle of starving and regaining before turning her scientific eye to the research on weight and health What she found defies the conventional wisdom about dieting Telling children that they re overweight makes them more likely to gain weight over the next few years Weight shaming has the same effect on adults The calories you absorb from a slice of pizza depend on your genes and on your gut bac teria So does the number of calories you re burning right now Most people who lose a lot of

weight suffer from obsessive thoughts binge eating depression and anxiety They also burn less energy and find eating much more rewarding than it was before they lost weight Fighting against your body's set point a central tenet of most diet plans is exhausting psychologically damaging and ultimately counterproductive If dieting makes us fat what should we do instead to stay healthy and reduce the risks of diabetes heart disease and other obesity related conditions With clarity and candor Aamodt makes a spirited case for abandoning diets in favor of behaviors that will truly improve and extend our lives

**Nature Wants Us to Be Fat** Richard Johnson, 2022-02-08 2022 NATIONAL INDIE EXCELLENCE AWARDS FINALIST HEALTH GENERAL It is exceptionally well organized and presented making it an ideal and highly recommended addition to personal community college and university library Health Medicine collections Midwest Book Review Nature puts a survival switch in our bodies to protect us from starvation Stuck in the on position it's the hidden source of weight gain heart disease and many other common health struggles But you can turn it off Dr Richard Johnson has been on the cutting edge of research into the cause of obesity for more than a decade His team's discovery of the fructose powered survival switch a metabolic pathway that animals in nature turn on and off as needed but that our modern diet has permanently fixed in the on position where it becomes a fat switch revolutionized the way we think about why we gain weight In *Nature Wants Us to Be Fat* he details the mounting evidence on how this switch is responsible both for excess fat storage and for many of the major diseases endemic to the Western world including heart disease cancer and dementia Dr Johnson also reveals the surprising link between the survival switch and health conditions such as gout kidney disease liver disease stroke and even behavioral issues like addiction and ADHD And most important he shares a science based plan to help readers fight back against nature Guided by ongoing clinical research plus fascinating observations from the animal kingdom evolution and history Dr Johnson takes you along on an eye opening investigation into What you can do to turn off your survival switch What we have in common with hibernating bears sperm whales and the world's fattest bird Why it's fructose not glucose that drives insulin resistance and metabolic disease The foods we eat that trigger the body to make its own fructose The surprising role salt and dehydration play in fat accumulation The surprising link between the survival switch and health conditions such as gout and liver and kidney diseases and even behavioral issues like addiction and ADHD Dr Johnson not only provides new recommendations for how we can prevent or treat obesity but also how we can use this information to reduce our risk of developing disease Nature wants us to be fat and when we understand why we gain the tools we need to lose weight and optimize our health [The Clash](#) MD MPH WARREN. PETERS, 2016-10-31 It's not about willpower sloth or gluttony The reason you are overweight is because your ancient biology clashed against a radically changed environment Learn the science behind why we gain weight and how we can accommodate our biology It is not your fault but it is your responsibility

*Obesity Prevention* Laurette Dube, 2010-06-25 Over the years approaches to obesity prevention and treatment have gone from focusing on genetic and other biological factors to exploring a diversity of diets and individual behavior modification

interventions anchored primarily in the power of the mind to the recent shift focusing on societal interventions to design temptation proof physical social and economic environments In spite of repeated calls to action including those of the World Health Organization WHO the pandemic continues to progress WHO recently projected that if the current lifestyle trend in young and adult populations around the world persist by 2012 in countries like the USA health care costs may amount to as much as 17 7% of the GDP Most importantly in large part due to the problems of obesity those children may be the first generation ever to have a shorter life expectancy than that of their parents Obesity Prevention presents the most current research and proposals for addressing the pandemic Past studies have focused primarily on either genetic or behavioral causes for obesity however today s research indicates that a strongly integrated program is the best prospect for success in overcoming obesity Furthermore focus on the role of society in establishing an affordable accessible and sustainable program for implementing these lifestyle changes is vital particularly for those in economically challenged situations who are ultimately at the highest risk for obesity Using studies from both neuroscience and behavioral science to present a comprehensive overview of the challenges and possible solutions The brain to society approach to obesity prevention focuses on what is needed in order to sustain a healthy pleasurable and affordable lifestyle Explores the brain to society approach to obesity prevention focusing on an integrative approach to addressing the obesity pandemic Presents both the neuroscientific and the behavioral factors that impact eating habits Identifies the challenges and suggests solutions for altering attitudes toward food on both an individual and a societal level *The Two-Way Link between Eating Behavior and Brain Metabolism* Tanya Zilberter, 2016-01-13 This research topic collected and connected information concerning both the underlying metabolic mechanisms and consequences of eating behaviors These two aspects are tremendously important for a better understanding of eating behavior abnormalities as well as for improving education on eating disorders and behaviors

**Calories, Insulin and Food Cravings** Jane I Leo, 2025-08-12 Unlock the Secrets to Breaking the Cycle of Obesity and Achieving Lasting Health In *Calories Insulin and Food Cravings The Obesity Epidemic* discover the hidden forces driving the global obesity crisis and how they impact not only your body but your health This eye opening book reveals the intricate relationship between what we eat our hormonal responses and the cravings that fuel overeating Through clear scientific explanations you ll understand how insulin the hormone that controls fat storage plays a pivotal role in weight gain and how ultra processed foods hijack your brain s reward system creating addictive food cravings Whether you ve struggled with weight for years or are simply interested in improving your overall health this book offers practical strategies for gaining control over your eating habits boosting your metabolism and breaking free from unhealthy cravings It s time to stop being a victim of food and hormones and take control of your weight and well being once and for all Why You Should Read This Book Uncover the root causes of weight gain beyond simple calorie counting Learn how hormones like insulin leptin and ghrelin regulate your appetite and influence your cravings Get actionable strategies to reduce cravings improve insulin sensitivity

and promote lasting weight control Discover how ultra processed foods can sabotage your efforts and how to avoid them Understand the emotional and psychological triggers of eating and how to address them What You Will Learn The science behind calories food cravings and insulin resistance How your body s hormonal signals control hunger and fat storage Why certain foods create a dopamine fueled reward loop that keeps you overeating Effective sustainable approaches to regain control over your eating habits Who Needs to Read This Book Anyone who has struggled with obesity or weight gain and is ready for a lasting solution Those looking to understand the biological and behavioral factors that affect eating and metabolism Health conscious individuals who want to improve their overall well being and prevent chronic diseases like diabetes and heart disease Anyone seeking actionable strategies to break free from food cravings and adopt healthier habits When You Should Read This Book If you re tired of fad diets and quick fixes that only lead to temporary results If you want to understand the deeper science behind obesity and make informed choices about your health If you re ready to make lasting positive changes to your eating habits and lifestyle This book isn t just about dieting it s about understanding the complex science of weight gain and how you can take back control Calories Insulin and Food Cravings is your guide to breaking free from the cycle of overeating improving your metabolism and living a healthier more balanced life Don t wait any longer Take the first step toward lasting change today

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