



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

By Jonathan Bailor

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eat More + exercise Less = weight loss. If calorie math added up, 100 calories of vegetables = 100 calories of candy. That doesn't seem right because it's not. While some calories fuel weight loss, others work against us. In *The Calorie Myth*, Bajor 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 and boosting metabolism. Why? I thought I could not live without cheese, but I can. I love the food I eat and have found a deep new appreciation for simpler foods. I highly recommend this book AND the Smarter Science of Slim podcast to anyone who wants better health and/or weight loss. This information has helped me change my life and my outlook on life. Read more. *The Calorie Myth* will teach you how to unclog your sink and keep it that way, so that all the calories you consume will move through your system as easily as water down a clear drain. Finally, Some SANE Dieting Advice. I appreciate Jonathan's plan for lasting weight loss because it is not a diet. Even if you aren't trying to lose weight, this book offers valuable insight into related topics, such as the flawed USDA guidelines for the "balanced" diet that is prescribed by doctors and fed to our children in school. And, in addition to all the fascinating information, *The Calorie Myth* also includes a comprehensive food plan, simple recipes, and a detailed exercise program that requires a commitment of just 10-20 minutes per week. In *The Calorie Myth*, Bajor 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 balances the hormones that regulate our metabolism. When we eat these foods, our bodies naturally maintain a healthy weight. Bajor offers clear, comprehensive guidance on what to eat and why, providing an eating plan, recipes, and a simple yet effective exercise regimen. Losing weight doesn't have to mean going hungry or spending hours at the gym. *The Calorie Myth* offers a radical and effective new model for weight loss and long-term health. Read More. Publisher

eat More + exercise Less = weight loss. If calorie math added up, 100 calories of vegetables = 100 calories of candy. That doesn't seem right because it's not. While some calories fuel weight loss, others work against us. 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 and boosting metabolism. Why? I thought I could not live without cheese, but I can. I love the food I eat and have found a deep new appreciation for simpler foods. I highly recommend this book AND the *Smarter Science of Slim* podcast to anyone who wants better health and/or weight loss. Learn more about eating well for less. Carbs make you put on weight. Eaten in the right quantities and as part of a balanced diet, carbohydrates will not, on their own (that is, without butter, creamy sauces and so on added to them) lead to weight gain. Eat whole grain and wholemeal carbohydrates such as brown rice and wholemeal bread, and potatoes with the skins on to increase your intake of fibre and don't fry starchy foods when trying to lose weight. Learn more in *Starchy Foods*. Skipping meals is not a good idea. To lose weight and keep it off, you have to reduce the amount of calories you consume and increase the calories you burn through exercise. But skipping meals altogether can result in tiredness and may mean you miss out on essential nutrients. *The Calorie Myth* book. Read 194 reviews from the world's largest community for readers. Jonathan Bailor's *The Calorie Myth* is a revolutionary diet book that... Jonathan Bailor's *The Calorie Myth* is a revolutionary diet book that explains how cutting-edge science supports a radically different approach to weight loss, offering evidence that calories do not matter. Bailor shows that the key to long-term weight-loss is not the number of calories consumed but rather what kinds of calories. Some foods are used to repair tissue, boost b Jonathan Bailor's *The Calorie Myth* is a revolutionary diet book that explains how cutting-edge science supports a radically different approach to weight loss, offering evidence that calories do not matter.