



The Thinsulin Program: The Breakthrough Solution to Help You Lose Weight and Stay Thin (Hardback)

By Charles Nguyen, Tu Nguyen, Mary Ann Marshall

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Chances are if you've picked up this book, you've wrestled with your weight. Maybe you've tried a number of fad diets, with any number of methods--many of which lay the blame on eating too much food that's high in fat and sugar. But here's the truth: No single factor causes obesity. Being overweight involves genetics, physiology, and behavior--and the one thing that's missing from most diet plans is a clear plan for addressing psychological factors to change the way we think about food. In The Thinsulin(R) Program, psychiatrist Charles T. Nguyen and bariatric internist Tu Song-Anh Nguyen identify the real culprits behind obesity--and share their proven, science-based, two-stage plan for weight loss. First, the Active Phase shows you how to gain control of and lower your insulin levels through food choices, enabling dramatic weight loss. Next, the Passive Phase helps you to adopt a new way of thinking about food, focusing on insulin rather than calories, to develop the skills to keep excess weight off for good. The Thinsulin(R) Program offers a medical...



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