

The Hungry Brain
On Losing Weight Without Being Hungry - The Ultimate Guide to Weight Loss Success
Hunger and Obesity

Food, Eating and Obesity

A woman with hypertension refuses vegetables. A man with diabetes adds iron-fortified sugar to his coffee. As death rates from heart attacks, strokes, and diabetes in Latin America escalate, global health interventions increasingly emphasize nutrition, exercise, and weight loss—but much goes

awry as ideas move from policy boardrooms and clinics into everyday life. Based on years of intensive fieldwork, *The Weight of Obesity* offers poignant stories of how obesity is lived and experienced by Guatemalans who have recently found their diets—and their bodies—radically transformed.

Anthropologist Emily Yates-Doerr challenges the widespread view that health can be measured in calories and pounds, offering an innovative understanding of what it means to be healthy in postcolonial Latin America. Through vivid descriptions of how people reject global standards and embrace fatness as desirable, this book interferes with contemporary biomedicine, adding depth to how we theorize structural violence. It is essential reading for anyone who cares about the politics of healthy eating.

Leading Harvard Medical School expert and “obesity warrior” (*Time* magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you’ve been taught about dieting. In *Always Hungry?*, renowned endocrinologist Dr. David Ludwig explains why traditional diets don’t work and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His

groundbreaking studies show that overeating doesn’t make you fat: the process of getting fat makes you overeat. That’s because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves, leaving too few for the rest of the body. This “hungry fat” sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle between mind and metabolism that we’re destined to

lose. You gain more weight even as you struggle to eat less food. *Always Hungry?* turns dieting on its head with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget cravings. Forget

dieting. *Always hungry?* reveals a liberating new way to tame hunger and lose weight for good.

The Low GI Diet is the only science-based diet that is proven to help you lose weight and develop a lifetime of healthy eating habits that can help you achieve optimum health and wellbeing and protect against illness and disease. This guide features: an effective 12-week action plan based on low GI eating, exercise, and activity goals for each week which will enable you to lose up to ten per cent of your current body weight; plus an ongoing maintenance program tips to help you maintain weight loss for life delicious recipes and meal plans the GI tables with the GI values of all

your favourite foods. The result: A slimmer, fitter, healthier you for the rest of your life! Brought to you by the authors of the worldwide bestselling *The New Glucose Revolution* series on the glycemic index, *The Low GI Diet* explains how choosing low GI carbohydrates can help you feel fuller for longer and increase your energy levels making weight loss achievable and sustainable. A companion volume to the newly revised and updated *The Low GI Handbook*. Start losing weight and improving your overall health today.

Nourished Planet illustrates what our global food system can be - a collection of the smartest ideas to nourish us all. From urban farmers in Kenya to American doctors to government officials in Egypt, its voices demonstrate how diverse perspectives are coming together to feed the world sustainably.--back cover.

The Weight of Being
(Lose Weight and Keep It Off By Transforming The Mind & Behaviors Book 2)

The Hunger-obesity Paradox
The New Science of Weight Loss--and the Myths and Realities of Dieting

Hungry for Solutions
Nourished Planet

hunger and global health in postwar Guatemala
Fat Planet

*We've all been there--angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.*

The Weight of Obesity
A Memoir of (My) Body