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*Dr Jason Fung's top 3 tips for Sugar Free living Lose Weight Fast - (9 Hour) Sleep Subliminal Session - By Minds in Unison Jason Fung 7 minute 720p Dr Jason Fung on Fasting and Exercise*

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*The Obesity Code Jason Fung Book Study - Part 1*

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*Weight Loss 8 Hour Sleep Hypnosis Permanent (subliminal)*

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Postwar Guatemala (California Studies in Food and Culture)  
by Emily Yates-doerr (ISBN: 9780520286825) from Amazon's  
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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 ...

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In 2008, medical costs associated with obesity were estimated at \$14 billion; the medical costs paid by third-party payers for people who were obese were higher than those of normal weight. One common myth is that if someone is hungry, then they are underweight. In reality, this is rarely the case.

*Obesity and Hunger | The Weight of Hunger*

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Beyond the hunger-obesity paradox — the link between lack of  
regular access to food and the risk of overweight or obesity —  
the consequences of food insecurity are great. Children who  
lack access to healthful food may have difficulty learning, as  
well as mood and behavioral problems.

*Food Insecurity and Health*

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Guatemala. Emily Yates-Doerr, Berkeley: University of California Press, 2015, 248 pp. Obesity is now a truly global phenomenon, and many lower- and middle-income nations are advancing their own “war on fat.”

*Book Review: The Weight of Obesity: Hunger and Global ...*  
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Obesity is a global problem: tackling obesity with cost-effective and non-invasive measures remains a priority. The aim of this study was to test a potential option for promoting fullness and reducing hunger to help people attain a healthy weight – a potential alternative to bariatric surgery.

*The Project | The Rowett Institute | The University of ...*

This appetite inhibition is long-term, in contrast to the rapid

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inhibition of hunger by cholecystokinin (CCK) and the slower suppression of hunger between meals mediated by PYY3-36. The absence of leptin (or its receptor) leads to uncontrolled hunger and resulting obesity. Fasting or following a very-low-calorie diet lowers leptin levels.

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