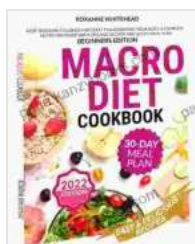


Stop Tracking Calories and Start Transforming Your Body: Complete Nutrition

Are you tired of counting calories and feeling deprived? Are you ready to ditch the diets and finally achieve your health and fitness goals? In *Stop Tracking Calories and Start Transforming Your Body*, leading nutrition expert Dr. Jason Fung reveals the truth about calories and why they're not the key to weight loss or optimal health.

The Calorie Myth

Dr. Fung explains that the traditional calorie-counting model is flawed. Calories do not tell us what nutrients are in our food, and they don't take into account the complex hormonal interactions that occur when we eat.



MACRO DIET COOKBOOK: Stop Tracking Calories and Start Transforming Your Body. A Complete Nutrition Guide with Organic Recipes and 30-Day Meal Plan - BEGINNERS EDITION by ROXANNE WHITEHEAD

★★★★☆ 4.6 out of 5

Language : English
File size : 8200 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 167 pages
Lending : Enabled

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In fact, focusing on calories can lead to yo-yo dieting and weight regain. When we restrict calories, our bodies go into starvation mode and start to store fat. This can make it even harder to lose weight in the long run.

A Better Way

Dr. Fung offers a comprehensive approach to nutrition that focuses on eating whole, unprocessed foods that are rich in nutrients.

This approach will help you:

- Lose weight and keep it off
- Improve your blood sugar control
- Reduce your risk of chronic diseases
- Boost your energy levels
- Feel better overall

The Complete Nutrition Plan

Stop Tracking Calories and Start Transforming Your Body provides you with everything you need to get started on your new nutrition journey.

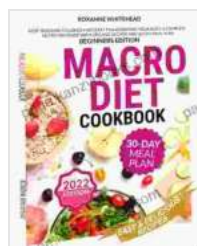
The book includes:

- A step-by-step guide to transitioning to a whole-foods diet
- Over 50 delicious and nutritious recipes
- Tips for dining out and avoiding processed foods
- Answers to frequently asked questions

Free Download Your Copy Today

If you're ready to stop tracking calories and start transforming your body, Free Download your copy of *Stop Tracking Calories and Start Transforming Your Body* today.

This book will change the way you think about food and nutrition. It will empower you to make lasting changes that will improve your health and well-being for years to come.



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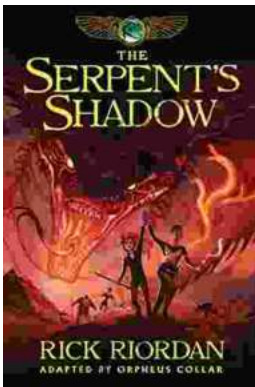
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