



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

Jonathan Bailor

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Contrary to what most diets would have you believe, the human body does not recognize all calories as equal. Some foods are used to boost brain power, fuel metabolism, and heal the body—while others are simply stored as fat. 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.

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. But when we eat sugar, starches, processed fats, and other poor-quality foods, the body's regulatory system becomes "clogged" and prevents us from burning extra calories. Translation: Those extra 10 pounds aren't the result of eating too much . . . they're the result of eating the wrong foods!

Bailor 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.

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