

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:
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Part 2 The Calorie Deception
Chapter 3 THE CALORIE-REDUCTION **ERROR**

Questions

1 What happens to food when it enters your body?

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2. Why do we gain weight?

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3. .What kind of disorder causes obesity?

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4. What are five examples of how the body needs calories?

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5. How does the body use energy from calories?

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6. How does energy accumulation affect fat distribution?

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7. Why doesn't Calories in Equal Calories out?

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8. How does the body respond to a calorie reduction diet and how does it affect a person's weight?

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9. What are five false assumptions leading to the CALORIE-REDUCTION **ERROR**?

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10. What were the physiological and psychological results of the Minnesota Starvation Experiment?

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