

√ THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:
Fung, Jason, MD. Greystone Books, Ltd., British Columbia, CA, 2016

Part 2 The Calorie Deception
Chapter 4 THE OVERFEEDING **PARADOX**

Questions

1 What can we learn from Sam Feltham's self-experimentation in overeating and from force-feeding mice, prisoners and other overfeeding experiments?

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2. What was the effect of overeating *and* undereating on the body's .total energy expenditure?

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3. How does the Power Plant Analogy explain Dr, Sims and Dr. Nystrom's overfeeding experiments?

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4. What is a common assumption, and *misperception* about why the obese are obese?

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5. What is the homeostatic mechanism known as the 'set point'?

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6. Why is the set point too high in obese people?

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7. How was Leibel's experiment revolutionary and what did his experiment prove?

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8. How does the Thermostat Analogy explain the high set point challenge?

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9. How does Leptin act as a Neuro-Hormonal Regulator and what is its effect on the body's set point?

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10. What is Leptin Resistance?

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