

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

Part 3 A New Model of Obesity
Chapter 9 The Atkins **ONSLAUGHT**

Questions

1. What was Dr. Atkins' low-carb revolution and how did it affect insulin levels?

pp. 97-98

2. How did the American Heart Association's (AHA's) forty-year recommendation of a low-fat diet affect the obesity crisis?

p. 99

3. What were the findings of short-term studies comparing weight loss from low-carb diets and other diets?

pp. 100-101

4. Explain how eating refined carbohydrates lead to food addictions.

p. 101

5. Why didn't long-term studies of the Atkins Diet result in lasting weight loss?

pp. 101-103

6. Which refined carbohydrate contributes most to obesity?
p. 104

7. What were the results of a comparative study of the diets of the US, UK, China and Japan?
pp. 103-104

8. What were the effects of the largely unrefined carbohydrates studied in Kitava and Okinawa?
pp. 104-105

9. What was the Body Mass Index (BMI) of the Okinawans and Kitavans?
p. 105

10. What plays a crucial role in insulin resistance and obesity?
p. 106