



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

By Jonathan Bailor

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In this revolutionary weight-loss program informed by more than 1,200 scientific studies, fitness and diet expert Jonathan Bailor offers concrete evidence that the calorie-counting model of weight loss doesn't work. In fact, cutting-edge science supports a radically different approach to weight loss and health, proving that by focusing on food and exercise *quality*—rather than calorie *quantity*—you can burn fat and boost health more easily and enjoyably than you ever thought possible.

The human body does not recognize all calories as equal. Some foods are used to repair tissue, boost brain power, and fuel our metabolism—while others are 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—like whole plants and nutritious proteins—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 from eating the wrong foods.

In *The Calorie Myth*, Bailor offers clear, comprehensive guidance on what to eat and why, providing an eating plan, recipes, and a simple yet effective exercise regimen based on the principles of high intensity interval training. Losing weight doesn't have to mean going hungry or spending hours at the gym. *The Calorie Myth* offers a radical new model for weight loss and long-term health.

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Editorial Review

Review

“Jonathan Bailor has written a smart, useful guide that is easy to follow and a pleasure to read. *The Calorie Myth* shows you how to eliminate toxic foods that zap your energy and add inches to your waistline. It will change the way you look at dieting!” (JJ Virgin, CNS, CHFS, bestselling author of *The Virgin Diet*)

“*The Calorie Myth* does an excellent job of exposing the fundamental myths about obesity and weight loss that are keeping Americans sick. By explaining the link between our hormones and our metabolism, Jonathan Bailor offers readers a powerful set of tools for creating lifelong health.” (Mark Hyman, MD, bestselling author of *The Blood Sugar Solution*)

“Jonathan Bailor cuts through the noise and tells it to us straight: the food we eat impacts our biology in the most fundamental yet fixable ways. Our hormones regulate weight loss, and what we eat impacts how they function. Calories? Not the issue.” (Sara Gottfried, MD, bestselling author of *The Hormone Cure*)

“*The Calorie Myth* will do more to assist people with their health than all the popular diet books currently out there put together. I want to shout, ‘Bravo! Finally someone gets it!’” (Christiane Northrup, MD, OB/GYN, physician and author of the bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*)

“*The Calorie Myth* provides a clear plan for readers to reset their metabolism and shed excess weight—not through excessive exercise and restrictive calorie counts, but with delicious and nourishing foods and moderate exercise. A valuable and transformative book.” (Mike Moreno, MD, bestselling author of *The 17 Day Diet*)

From the Back Cover

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!

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About the Author

As a personal trainer, Jonathan Bailor worked with clients who would achieve the results they wanted as

long as they spent countless hours exercising and following restrictive diets. Frustrated by recommending a lifestyle that was not sustainable, he began the ten-year research odyssey that became *The Calorie Myth*.

Bailor has registered more than twenty-five patents, serves as a senior program manager for Microsoft, and runs a wellness consulting business. He lives in Seattle, Washington with his wife.

Users Review

From reader reviews:

Noel Klein:

This *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better* book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this e-book incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This kind of *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better* without we comprehend teach the one who reading it become critical in imagining and analyzing. Don't be worry *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better* can bring any time you are and not make your bag space or bookshelves' turn out to be full because you can have it in your lovely laptop even cellphone. This *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better* having excellent arrangement in word and layout, so you will not truly feel uninterested in reading.

Charlotte Cooper:

Typically the book *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better* will bring one to the new experience of reading the book. The author style to describe the idea is very unique. In the event you try to find new book to learn, this book very ideal to you. The book *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better* is much recommended to you you just read. You can also get the e-book through the official web site, so you can quicker to read the book.

Olga Andres:

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Ralph Rodriguez:

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