



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

By 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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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)

From the Back Cover

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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

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Mildred Shaw:

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