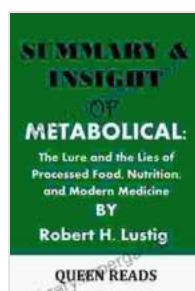


# Metabolical: The Truth About Processed Food and How It's Making Us Fat

By Robert Lustig, MD, MSL

In his groundbreaking book, *Metabolical*, Robert Lustig, MD, MSL, exposes the hidden dangers of processed food and reveals how it's making us fat, sick, and tired.

Lustig, a leading expert in the field of metabolism, has spent years studying the effects of processed food on our bodies. He has found that processed food is a major contributor to the obesity epidemic, type 2 diabetes, heart disease, and other chronic diseases.



## SUMMARY & INSIGHT OF: METABOLICAL BY Robert H. Lustig: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine

★★★★★ 5 out of 5

Language : English  
File size : 185 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Lending : Enabled



In *Metabolical*, Lustig explains how processed food is different from whole food. Whole food is made from natural ingredients and contains all of the nutrients that our bodies need. Processed food, on the other hand, is made

from refined ingredients and often contains added sugar, salt, and unhealthy fats.

Lustig argues that the problem with processed food is not just the calories it contains, but also the way it affects our metabolism. Processed food causes our bodies to produce more insulin, which leads to weight gain and other health problems.

In addition to providing a wealth of information about the dangers of processed food, *Metabolical* also offers practical advice on how to avoid processed food and make healthier choices.

If you're ready to learn the truth about processed food and take control of your health, then *Metabolical* is the book for you.

### **Here are some key takeaways from *Metabolical*:**

- Processed food is a major contributor to the obesity epidemic, type 2 diabetes, heart disease, and other chronic diseases.
- The problem with processed food is not just the calories it contains, but also the way it affects our metabolism.
- Processed food causes our bodies to produce more insulin, which leads to weight gain and other health problems.
- It's important to avoid processed food and make healthier choices.
- *Metabolical* provides a wealth of information about the dangers of processed food and offers practical advice on how to avoid processed food and make healthier choices.

### **About the Author**

Robert Lustig, MD, MSL, is a professor of Pediatrics at the University of California, San Francisco. He is a leading expert in the field of metabolism and has spent years studying the effects of processed food on our bodies.

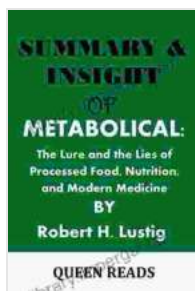
Lustig is the author of several books, including *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease* and *The End of Dieting: How to Lose Weight and Keep It Off Forever*.

Lustig is a passionate advocate for healthy eating and has appeared on numerous television and radio shows to talk about the dangers of processed food.

### **Free Download Your Copy of *Metabolical* Today!**

*Metabolical* is available in hardcover, paperback, and audiobook. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

Don't wait another day to learn the truth about processed food and take control of your health. Free Download your copy of *Metabolical* today!



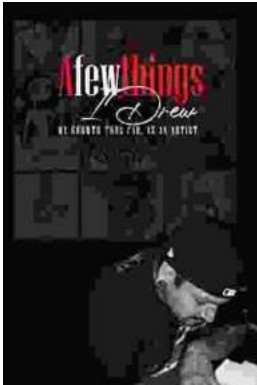
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