

The

X

Diet

Exploding the diet myth

Tabitha Hume (Registered Dietician)

Feast your way to a fast metabolism

The Xdiet Exploding The Diet Myth

PROFESSOR TIM. SPECTOR



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X-Diet Tabitha Hume,1998-11 At last a diet that tells you to eat more Tabitha Hume South Africa s dietician to the stars has revolutionised the way people think about dieting On the X Plan you must eat more Eating more means you increase your metabolic rate which means you *The African Book Publishing Record* ,2004 **South African national bibliography** ,1999 Classified list with author and title index **The Diet Myth** Tim Spector,2015 The Diet Myth is fascinating and now I m obsessed with microbes Nigella Lawson Why do most diets fail Why does one person eat a certain meal and gain weight while another eating the same meal loses pounds Why despite all the advice about what to eat are we all still getting fatter The answers are much more surprising and fascinating than we ve been led to believe The key to health and weight loss lies not in the latest fad diet nor even in the simple mantra of eat less exercise more but in the microbes already inside us Drawing on the latest science and his own pioneering research Professor Tim Spector demystifies the common misconceptions about fat calories vitamins and nutrients Only by understanding what makes our own personal microbes tick can we overcome the confusion of modern nutrition and achieve a healthy gut and a healthy body [The Diet Myth](#) PROFESSOR TIM. SPECTOR,2020-12-31 Why do most diets fail Why does one person eat a certain meal and gain weight while another eating the same meal loses pounds Why despite all the advice about what to eat are we all still getting fatter The answers are much more surprising and fascinating than we ve been led to believe The key to health and weight loss lies not in the latest fad diet nor even in the simple mantra of eat less exercise more but in the microbes already inside us Drawing on the latest science and his own pioneering research Professor Tim Spector demystifies the common misconceptions about fat calories vitamins and nutrients Only by understanding what makes our own personal microbes tick can we overcome the confusion of modern nutrition and achieve a healthy gut and a healthy body **The Diet Myth** Tim Spector,2015-05-14 We are all increasingly bewildered by the simple question of what to eat Despite advice from experts governments and dieticians about the dangers of too much fat sugar protein and lack of exercise our nutrition and the global obesity crisis is getting worse Most diets work only in the short term and the scientific differences between individual responses to food remain unexplained Why can one person eat a certain meal and gain weight and another eat exactly the same food and lose pounds Genes provide only part of the answer there is an enormous piece of the puzzle missing We have been overlooking one vital aspect of diet that lies within us Thanks to recent breakthroughs scientists have begun to examine the permanent residents in our guts the thousands of previously unknown but essential microbes whose job it is to digest our food and keep us alive Drawing on the latest science and his team s own pioneering research Professor Tim Spector explores the hidden world of the microbiome and demystifies the common misconceptions about fat calories vitamins and nutrients Only by understanding what makes our own personal microbes tick and interact with our bodies can we overcome the confusion of modern diets and nutrition to regain the correct balance of our ancestors Mixing cutting edge discoveries

illuminating science and his own case studies Spector shows why we should abandon fads and instead embrace diversity for a healthy diet a healthy gut and a healthy body

Spoon-Fed Tim Spector, 2020-08-27 THE 1 SUNDAY TIMES BESTSELLER FROM THE LEADING GUT HEALTH EXPERT FOUNDER OF ZOE AND AUTHOR OF FOOD FOR LIFE As seen on ITV's LORRAINE and heard on THE DIARY OF A CEO This ground breaking exploration debunks food myths from what we should be eating for breakfast to whether we should really avoid ultra processed foods Is breakfast really the most important meal of the day Is there any point in counting calories Is there any evidence that coffee is bad for us Through his pioneering research Professor Tim Spector busts these and many other myths about food Spoon Fed explores the scandalous lack of good science behind many diet plans official recommendations miracle cures and ultra processed foods and encourages us to rethink our whole relationship with food not just for our health as individuals but for the future of the planet Hugely enjoyable Michael Mosley Illuminating and so incredibly timely Yotam Ottolenghi This book should be available on prescription Felicity Cloake Will actually help you decide what to add to your next grocery shop Bee Wilson Guardian Go with your gut Join the food revolution Tim Spector's number 1 bestselling Food for Life Your Guide to the New Science of Eating Well is now available in paperback ORDER THE FOOD FOR LIFE COOKBOOK OUT NOW

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Spoon-Fed Tim Spector, 2022-02-22 THE SUNDAY TIMES BESTSELLER Everything we've been told about our diets is wrong Is breakfast really the most important meal of the day Is there any point in counting calories Is there any evidence that coffee is bad for you Through his pioneering scientific research Tim Spector busts these myths and combats food fake news Spoon Fed explores the scandalous lack of good science behind many medical and government diet recommendations and how the food industry holds sway over these policies and our choices Spoon Fed is a groundbreaking book that forces us to question every diet plan official recommendation miracle cure or food label we encounter and encourages us to rethink our whole relationship with food A hugely enjoyable and critical look at common food myths Michael Mosley Illuminating and so incredibly timely Yotam Ottolenghi This book should be available on prescription Felicity Cloake

Fat Lisa Colles, 1999-04-01 Fat Exploding the Myths sets out to explore all sides of this complex and controversial subject and to provide answers for the many questions raised More than 100 international experts in the field have been interviewed in the course of researching this book providing access to the latest information on the subject Around the world in gyms hospitals schools universities eating disorder clinics obesity clinics fat acceptance groups and private homes there are hundreds of people whose lives and careers are dominated by fat Fashion shows advertisements and magazines continue to unnecessarily emphasize thinness as a virtue Food manufacturers appeal to this market with their low fat and fat free varieties yet continue to offer high cholesterol foods without regard to their consequences Fat Exploding the Myths brings all

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