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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.

The Calorie Myth: How to Eat More, Exercise Less, Lose ...

In *The Calorie Myth*, Jonathan Bailor exposes the fundamental flaw upon which the diet industry is built and offers a new equation: eat More + exercise Less = weight loss. If calorie math added up, 100 calories of vegetables = 100 calories of candy. That doesn't seem

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right—because it's not. While some calories fuel weight loss, others work against us.

The Calorie Myth: How to Eat More, Exercise Less, Lose ...

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The Calorie Myth: How to Eat More, Exercise Less, Lose ...

The old way of thinking i.e. "the Calorie Myth" is that all calories are alike. The author seeks to prove that NOT all calories are alike. You need to take in high

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quality calories by eating healthy food & when you do so you can eat MORE and lose weight. He lists "sane" food which is healthy and helpful to the body.

The Calorie Myth: How to Eat More and Exercise Less, Lose ...

Depriving our bodies of calories, it turns out, only tends to slow down our metabolism. Over time, it causes us to gain more unwanted weight. In his New York Times bestseller, *The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better*, Bailor argues that we need to forget the tired maxim of eating less and exercising more.

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I would love to show you an alternative to the myth of counting calories, so you can stop counting and start living holistically. My blog is all about a holistic way of living and how it can help you successfully find balance between your weight goals and your lifestyle.

Home - The Calorie Myths

In The Calorie Myth, Jonathan Bailor exposes the fundamental flaw upon which the diet industry is built and offers a new equation: eat More + exercise Less = weight loss. If calorie math added up, 100 calories of vegetables = 100 calories of candy. That doesn't seem right—because it's not. While some calories fuel weight

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loss, others work against us.

The Calorie Myth: How to Eat More, Exercise Less, Lose ...

The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better. Also available on eBook for £6.99. [Click here to purchase from Rakuten Kobo.](#) 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.

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