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Summary Of Fat Chance: Beating The Odds Against Sugar, Processed Food, Obesity & Disease By Robert Lustig

SUMMARY

FAT CHANCE

Beating the Odds Against Sugar,
Processed Food, Obesity and Disease

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BY

SAVE TIME SUMMARIES



Synopsis

WARNING: This is not the actual audiobook *Fat Chance* by Robert Lustig. Do not buy this summary if you are looking for a full copy of the audiobook. Instead, we have already listened to the entire audiobook for you. We pulled out all the key insights, events and take-away points relating to sugar, junk food, obesity, diabetes and so much more to give you a comprehensive chapter-by-chapter summary and analysis designed to save you a few hours. In doing so, unfortunately we cannot give you hours and hours of listening covering all of the background scenery or anecdotes. For that, we encourage you to purchase a copy of the full audiobook. Presented in an engaging and easily digestible format, this concise summary works great. Or, if you're not ready to listen to the full audiobook yet but still want some analysis and insight, then this is a great way to save a little money and a lot of time. *Fat Chance* by Robert Lustig: No matter where you go or what you do, it's nearly impossible to miss the signs that we are facing an obesity epidemic. At the same time, it's nearly impossible to avoid advertisements for fast food - which, amusingly, are frequently positioned immediately adjacent to public service announcements about obesity. Everybody is quick to assign blame elsewhere: The food industry points to television, video games and computers; television points back at the fast food and junk food industries. In *Fat Chance*, Robert Lustig presents a compelling argument that will no doubt awaken many from their sugar-induced stupor. His suggestions and solutions may not win him any friends in the fast food industry as listeners may steer their cars away from drive-thru windows and head towards the supermarket health aisle, but the forcefulness of his ideas should serve as a wake-up call to both listeners and those specific industries to begin to change their ways and do their part in rectifying our obesity-fueled, ticking time-bomb.

Book Information

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Customer Reviews

Summary of Fat Chance: Betting the Odds Against Sugar, Processed Foods, Obesity & Disease by Robert Lustig is by Save Time Summaries and it is just that, the summary of the full version book. It takes key points of the chapters leaving most of the discussion and not so 'key' points. To me they are much like the Cliff's Notes I used to study for the test we were having on the novel we just read in school. Note that I said, "leaving most of the discussion" because it does contain enough so the reader understands the points it is trying to make. In other words, this is not pages after page of a list of key points from the book, there are paragraphs not lists and this reads and explains key points much like any other book would only this doesn't go into great detail. For example under "Learned Behavior or a Choice?" one of the paragraphs following talk about, "A recent alarming study reveals that even six-month-old babies are showing increasing signs of obesity." It makes the point that at that age the baby obviously didn't choose to be obese or have a choice of their food intake. What it doesn't tell me is who did this study, where, when, how was it done or any other details about it. I am not sure if the full version of the book has this information in it or not. So if you are interested in just the 'meat' of the full version book without the potatoes, then this is great. A real time saver! However, if you want to get deeper into it then you are better off with the full version book. As far as the information, some parts made me say, "Big Deal!" Is it really a big deal that five of the government's major public health agencies agree that the cause of obesity is from eating too much while exercising too little?

The summary has a serious problem. It distorts what was written in the book. Take the chapter 4 summary as an example. Its last paragraph wrote: "Another recent biochemical discovery is the hormone Leptin, which, ironically, is derived from the Greek Leptos, meaning, "thin." It's been discovered that, almost without exception, Leptin deficiency (or resistance to insulin) is a characteristic of obese individuals. Tested on mice, researchers found that when obese subjects were injected with healthy Leptin, the mice stopped being virtual gluttons and were soon "normal." In the limited tests performed on human subjects, the results were outstanding. The subjects became more physically active, abandoned their previous ravenous appetites, and showed marked improvement in their overall health. From these findings, the health research community has stopped short of proclaiming a cure, but are confidently proclaiming that Leptin resistance seems to

be one of, if not THE key to controlling obesity. Further research is needed, but this development definitely has many health professionals feeling optimistic."In other words, the summary tells you that the problem with obesity is leptin deficiency. But chapter 4 of the book tells you that:- First, the above mentioned leptin injection worked because those human subjects were children with a gene mutation preventing them from creating leptin.- Second, people with such gene mutation are rare exceptions. Most of the obese individuals have plenty of leptin in their body. Leptin injection did not work on those people as carried out by Steven Heymsfield in 1999.- Third, leptin deficiency is NOT the issue for most of the obese individuals.

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