

FOREWORD BY DR. DANIEL AMEN, AUTHOR OF *CHANGE YOUR BRAIN, CHANGE YOUR LIFE*

**FOCUS ON  
INSULIN,  
NOT CALORIES**

**CHANGE YOUR  
THINKING  
ABOUT FOOD**

**OVERCOME THE  
WEIGHT LOSS  
PLATEAU**

# THE THINSULIN™ PROGRAM

**THE BREAKTHROUGH SOLUTION  
TO HELP YOU LOSE WEIGHT AND STAY THIN**

**CHARLES T. NGUYEN, M.D. &  
TU SONG-ANH NGUYEN, M.D.**

WITH MARY ANN MARSHALL

# The Thinsulin Program

**A Loxley**



## **The Thinsulin Program:**

*Thinsulin Program* Charles Nguyen, Tu Nguyen, 2016-02-09 High fat high sugar foods get most of the blame for weight gain and obesity but doctors have found that high insulin levels are actually the culprit When we eat foods that raise our insulin level the body stores fat when we lower our insulin level the body naturally burns fat In The Thinsulin TM Program bariatric internist Tu Song Anh Nguyen and psychiatrist Charles Nguyen share their proven science based two stage plan for weight loss First the active phase shows you how to gain control of and lower your insulin levels through food choices that enable dramatic weight loss Next the passive phase helps you to adopt a new way of thinking about food focusing on insulin rather than calories to keep excess weight off for good

*The Thinsulin Program* Charles Nguyen, Tu Nguyen, Mary Ann Marshall, 2016-02-09 Chances are if you've picked up this book you've wrestled with your weight Maybe you've tried a number of fad diets with any number of methods many of which lay the blame on eating too much food that's high in fat and sugar But here's the truth No single factor causes obesity Being overweight involves genetics physiology and behavior and the one thing that's missing from most diet plans is a clear plan for addressing psychological factors to change the way we think about food In The Thinsulin Program psychiatrist Charles T Nguyen and bariatric internist Tu Song Anh Nguyen identify the real culprits behind obesity and share their proven science based two stage plan for weight loss First the Active Phase shows you how to gain control of and lower your insulin levels through food choices enabling dramatic weight loss Next the Passive Phase helps you to adopt a new way of thinking about food focusing on insulin rather than calories to develop the skills to keep excess weight off for good The Thinsulin Program offers a medical breakthrough by uniquely harnessing the synergy between the working of your body and the power of your mind to manage your weight The program gives you the skills to change your thinking permanently so that you find longstanding success on your weight loss journey Not only will you achieve unparalleled success in weight loss The Thinsulin Program also offers powerful health benefits such as reversing the onset of arthritis diabetes and heart disease Think thin think Thinsulin and get ready for long term health and wellness

**Health Radar's Encyclopedia of Natural Healing** Nick Tate, 2017-10-03 New York Times Bestselling author Nick Tate brings together the latest cutting edge health information from the experts at HEALTH RADAR to help individuals and families stay healthy live longer and live better naturally Through a monthly newsletter and website Health Radar is chock full of valuable information about a variety of topics Tips on how to lose weight and keep it off Articles covering significant common issues such as cancer memory loss depression and allergies Education on less commonly known medical issues Unlike more commercial health magazines the well researched content in Health Radar comes from medical studies experts and professionals focused on giving you practical advice on how to improve your health Health Radar helps you better understand your body and how its inner processes work When you understand how your body works and why it works like it does you will be better prepared and equipped to keep your body and your mind healthy This book truly bulges

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