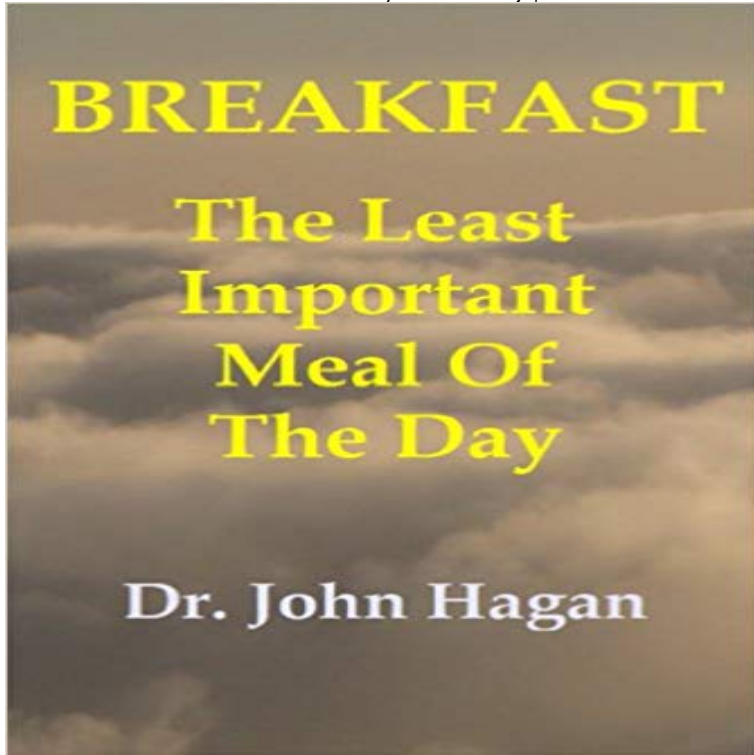


# Breakfast: The Least Important Meal of the Day or Solving the Modern Problem of Obesity through Science and Ancient History



Breakfast Is The Least Important Meal Of The Day outlines a behavior-based weight-loss program based on a pilot study run by the author, a medical physician. A serious science book as well, popular nutrition myths are explored and debunked concerning obesity, food addiction, breakfast, and fasting. In several chapters written at a medical school level, the reader learns the basics of biochemistry, metabolics, and digestion. The message is a simple one: if one understands how the brain and body works, the pathway to weight loss is clear-with no need for pills, food diets, or intensive exercise programs.

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