

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Turn Off the Fat Genes – A Book Review**

**By David Snape**

**Turn Off the Fat Genes – A Book Review**

by: **David Snape**

Once in a while a good title comes along and "Turn Off the Fat Genes" is one of those titles that just have to be written about. If you are not familiar with Dr. Neal Barnard's work, he has been writing about how to lose weight on a high carbohydrate diet for at least a decade now.

I'm amazed, as you might be, that his work is not better known. There are a number of advantages to using a high carb diet and as many disadvantages to the low carb/ high protein diets.

There is some great research in his books that document the ability to lose weight on a high carbohydrate diet, which may also be healthier in the long run than the ever-popular low carbohydrate diets.

You might think it surprising, as I do, that more people are not using high carb diets to lose weight. You might also conclude that this is solely due to a lack of awareness on the part of the public.

Turn of the Fat Genes, written by Dr. Neal Barnard features over 150 pages of menus and recipes. The recipe and menu section is very comprehensive and you can definitely find recipes that will delight you out of such a large compilation.

Dr. Bernard discusses the concept that some of the genes that shape and influence us as human beings are themselves subject to influence. The genes that affect taste, appetite and metabolism are subject to the influence of the foods that we eat.

Not only are they subject to influence, the proper use of foods can mean that you don't have to sacrifice and starve yourself of decent nutrition. You can modify your diet, eat perhaps even more frequently and still enjoy weight loss. Does that sound incredible? It is real. You might feel incredulous because the masses of people out there have been told that low carb is the way to go.

## Turn Off the Fat Genes – A Book Review

I have been following some of the suggestions in one of Dr. Barnard's books and I can tell you that a high carb diet can help you lose weight. Using his suggestions, I can eat a lot of food frequently and I still seem to stay thin.

To give you an idea of what kind of information "Turn Off the Fat Genes" can provide you with, here is a list of some of the Chapter titles:

Taste Genes: Broccoli and Chocolate

Appetite and the Leptin Gene

The Fat-Building Gene

Fat-Burning: Turning the Flame Higher

How Genes Influence Your Exercise

Children and the Fat Genes

Food Choices for Optimal Weight Control

Dr. Barnard writes, "Contrary to popular opinion, scientific research reveals that genes are not dictators; they are committees. They do not give orders. They make suggestions. Genes are not rogue tyrants exerting despotic control over your waistline. Rather, they work in groups, often with subtle effects, and you can nudge them in the direction you want them to go. You can counteract the fat genes and boost your thin genes."

In ancient times, Hippocrates said, "Let your food be your medicine and your medicine be your food." Of course we aren't really talking about healing as much as we are discussing losing weight, but the principle applies.

One thing I learned from another of Dr. Barnard's books is that carbohydrates don't make people fat. It is fat that makes people fat. And it makes sense. Carbohydrates pack around 4 calories per gram and fats have about 9 calories per gram.

By the way, even though it is correct terminology, the fact is that the calories discussed here are actually 'thousands of calories'. In nutrition they decided to make a calorie equal to 1,000 real life calories as measured for energy.

Anyway I don't want to confuse anyone, because the RDA is based on nutrition calories, also known as Calories, but no one capitalizes the C as should be done. You can just keep thinking of calories as calories and don't worry about the technicalities.

Back to the story. Dr. Barnard's books on high carb diets are great reading and may inform you about healthier weight loss than you are currently use to. Did I mention the recipe list?

This article is for information purposes only. It is not meant to diagnose, treat or prevent any health condition. If you have or think you have a health condition or even just want to diet, please consult your physician.

David Snape is a health, fitness and wellness enthusiast. His website is

Dave

also practices Falun Dafa : [falundafa.org](http://falundafa.org) Subscribe to his email list:

## **A Bad Book Review? You Aren't Doomed. Here's Why.**

**By Laura Hickey**

### **A Bad Book Review? You Aren't Doomed. Here's Why. by Laura Hickey**

When you get a bad book review

You've just been notified a review of your book has been posted. You're all excited and can't wait to see what has been written. You're clicking onto your book's page when...Oh no! They hated your book! This bad review is going to turn away customers from buying your book. Wait! This isn't the end of the world. Here's 3 tips to deal when you get a bad review.

#### 1. You can't please everyone!

Example: One of my favorite authors is a bestseller but the author didn't receive such hot customer reviews.

Another example: I was reading some book reviews and one of the books had one of the worst ratings ever. I clicked the link with curiosity to find over 20 customers had reviewed the book and loved it. In life, you can't please everyone. Will a bad review discourage future customers? On to my next tip.

#### 2. A bad review doesn't have to mean bad profit.

Not all customers look at a bad review as their only guide to buying. In fact, if your review is so awful, they may even buy the book to see if it's really as bad as the reviewer rated it. There's the saying that curiosity killed the cat, curiosity in this case could help you. Customers also realize that everyone has different tastes. Maybe the reviewer didn't like your book, but who's to say someone different won't? It may be bad publicity, but none the less it may help you. In fact, sometimes a customer may have read the bad review but only remembers your name and or the book's title.

#### 3. If you're getting more than one bad review.

## Turn Off the Fat Genes – A Book Review

It's understandable if you're disappointed. It's expected, but do not allow yourself to become discouraged. If you've published an e-book and can easily edit your work, bad reviews can actually help your writing. Now don't go crazy and change everything! But if reviews are constantly pin pointing on one certain area, review your work and see if and how you could improve it. I know reviewing repeatedly can be hurtful but if it can help your e-book, isn't it worth considering? Also, don't start picking apart reviews right away, give yourself time to go over them. Picking apart your reviews the moment you receive them could prove fatal to your self esteem.

Author of Mysterious Chills and Thrills for Kids. Ten Short Stories to Tickle the Imagination. "Spooky" "Awesome" "Unpredictable" Isn't it time you entered the world where shadows lurk and each page turn

could be your doom...<http://www.laurahickey.com>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**