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The Hungry Brain is a much-needed breath of fresh air bringing the science and evidence-based approach to weight management in an industry that has been deeply polluted with decades of dogmatism, fearmongering and pseudoscience. For all of you that know Stephan's work from

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Published on Apr 24,

2017 In this episode,

Dr. Bubbs sits down
with expert

neuroscientist and
obesity researcher Dr.
Stephan Guyenet PhD
to talk about his new
book *The Hungry Brain:
Outsmarting the...*

The Hungry Brain: Outsmarting the Instincts that Make Us Overeat w/ Dr. Stephan Guyenet

Choose foods with

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strong satiety signals

from a moderate

amount of calories:

simple foods close to
their natural state such
as fresh meat, seafood,
eggs, beans, lentils,
vegetables, fruit, eggs

Get starch from
potatoes, yams,
squash, beans,
oatmeal instead of
flour-based baked
goods Eat more
protein, to a point.

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**Hungry Brain - Dr.
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Guyenet. The author of
The Hungry Brain:
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Instincts that Make us
Overeat explains how
we're betrayed by our
very own brains, which
lead us to crave and
overeat foods that
aren't good for us. By.
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LD/N, CNS. Nutrition

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deploys his humor, wit,
and extensive research
experience to explain
the instinctive brain
circuits that compel us
to overeat. He shows
how those circuits

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expand our waistlines
and undermine weight
loss, and how we can
use them to manage
our weight more
effectively.

[Transcript] - Why You Get Hungry & What To Do About It

...

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explores how the human brain works, revealing how this mysterious organ makes us who we are. What people are saying about The Hungry Brain:

The Hungry Brain - Stephan Guyenet, PhD

The Hungry Brain: Outsmarting the Instincts that Make us Overeat, 1st Edition is perfect for Dieticians

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In THE HUNGRY BRAIN: Outsmarting the Instincts that Make Us Overeat Guyenet deploys his humor, wit, and extensive research

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experience to explain the instinctive brain circuits that compel us to overeat. He shows how those circuits expand our waistlines and undermine weight loss, and how we can use them to manage our weight more effectively.

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Guyenet , Shizuka N.

Aoki From an obesity
and neuroscience
researcher with a
knack for engaging,
humorous storytelling,
The Hungry Brain uses
cutting-edge science to
answer the questions:
why do we overeat,
and what can we do
about it?

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