



Why We Get Fat: Summary of the Key Ideas - Original Book by Gary Taubes: And What to Do About It

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There are many misconceptions regarding undereating, choosing the right calories and exercising that partake in obesity. Modern research has shown that dietary carbohydrates are the main cause of weight gain leading to an unhealthy lifestyle. We can now take a deeper insight into what we normally refer to as the “low carb diet”, leaving behind the usual diet paradoxes once and for all.

Who should read this book:

- People who want to know why they get fat and what they are doing wrong.
- People who seek answers to their constant weight gain despite the use of diet plans.
- People willing to understand the biological and scientific reasons behind obesity.
- Health-conscious individuals who are keen on enhancing their knowledge in dietary sciences.

In this summary:

Chapter 1: Why do we get fat?

Chapter 2: The calorie count and exercise dilemma

Chapter 3: It's just genetics

Chapter 4: Thermodynamics of weight gain

Chapter 5: The laws of adiposity

Chapter 6: Body fat irregularities

Chapter 7: The biology of weight gain

Chapter 8: What we can do

Chapter 9: Replace unhealthy carbohydrates with proteins and fats

Chapter 10: The side effect problem

Chapter 11: Final Summary

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Jose Campbell:

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