



# **Foods That Cause You to Lose Weight (Revised Edition)**

*Dr. Neal D. Barnard*

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# Foods That Cause You to Lose Weight (Revised Edition)

*Dr. Neal D. Barnard*


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"Thanks to research at major medical centers which you will read about in this volume, we now have a much better understanding of what causes weight problems and how to conquer them. Getting lasting results is so much easier than struggling with old-fashioned diets, a wonderful relief if you have been through the diet routine a time or two.

The outcome of this research is a breakthrough called the negative calorie effect. It does not mean that some foods have no calories. It means that certain foods are naturally modest in calories and that they actually increase your calorie-burning speed for hours after a meal...

The negative calorie effect allows you to lose weight without counting calories or setting strict limits on how much you eat, and lets you enjoy eating again." - from the PREFACE by Neal Barnard, M.D.

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