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higher intensity, is the true formula for burning fat. Why? Because eating high-quality foods like whole plants and nutritious proteins balances the hormones that regulate our metabolism.

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In *The Calorie Myth*, Jonathan Bailor exposes the fundamental flaw upon which the diet industry is built and offers a new equation: eat More + exercise Less = weight loss. If calorie math added up, 100 calories of vegetables = 100 calories of candy. That doesn't seem

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The Calorie Myth: How to Eat More, Exercise Less, Lose

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The old way of thinking i.e. "the Calorie Myth" is that

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More And Exercise Less. The author seeks to prove that NOT all calories are alike. You need to take in high quality calories by eating healthy food & when you do so you can eat MORE and lose weight. He lists "sane" food which is healthy and helpful to the body.

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Depriving our bodies of calories, it turns out, only tends to slow down our metabolism. Over time, it causes us to gain more unwanted weight. In his New York Times bestseller, *The Calorie Myth: How to Eat*

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Weight, and Live Better,
Bailor argues that we need
to forget the tired maxim of
eating less and exercising
more.

*The Calorie Myth -
Experience Life*

I would love to show you an alternative to the myth of counting calories, so you can stop counting and start living holistically. My blog is all about a holistic way of living and how it can help you successfully find balance between your weight goals and your lifestyle.

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Jonathan Bailor exposes the fundamental flaw upon which the diet industry is built and offers a new equation: eat More + exercise Less = weight loss. If calorie math added up, 100 calories of vegetables = 100 calories of candy. That doesn't seem right—because it's not. While some calories fuel weight loss, others work against us.

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