

GENE EATING

THE SCIENCE OF OBESITY
AND THE TRUTH ABOUT DIETING

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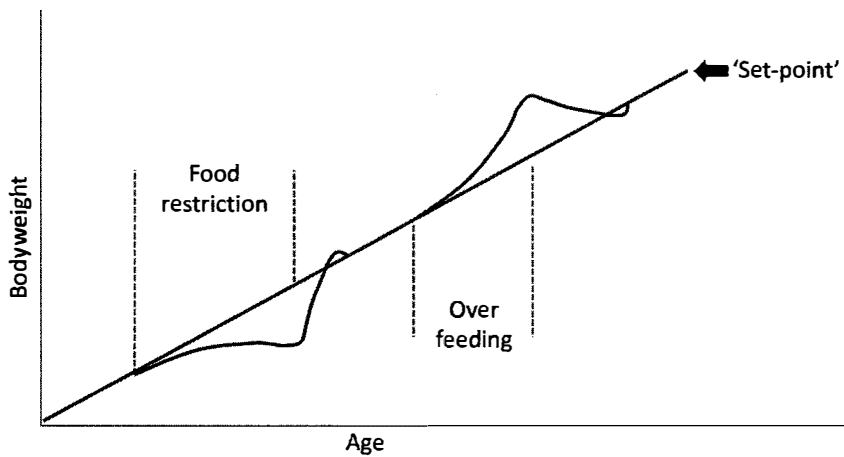
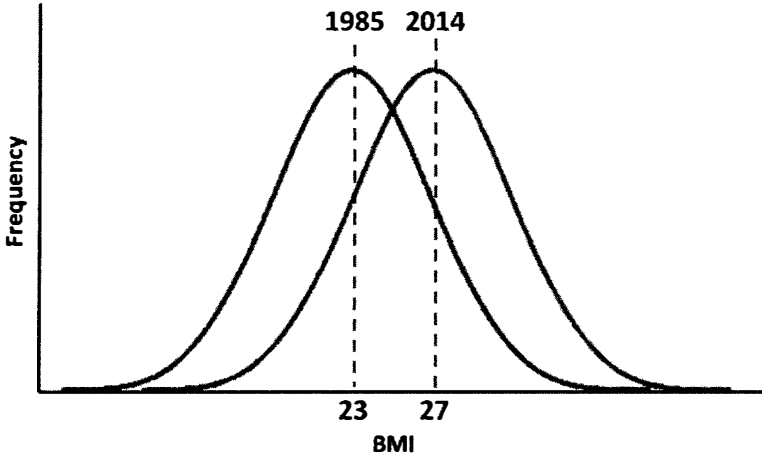


FIGURE 1 The 'set-point'

If environment was the ONLY reason for increasing BMI



Actual data indicates differences in response to the environment

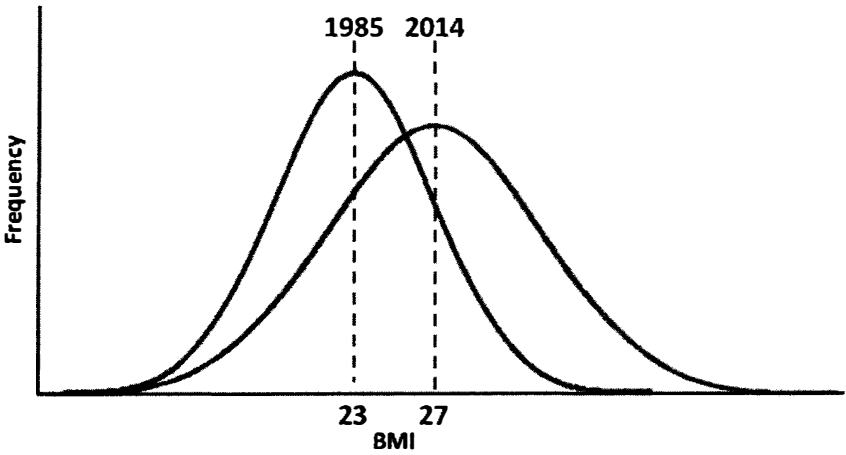


FIGURE 2 Two possible models to explain the increase in average BMI from 1985 to 2014

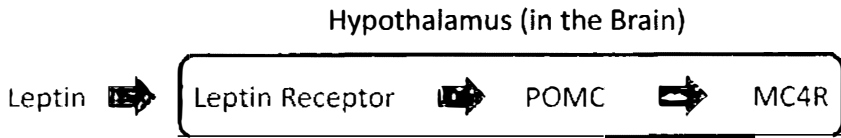
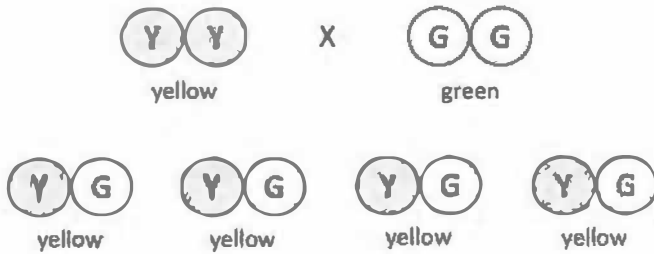


FIGURE 5 The leptin–melanocortin pathway

Mendelian Genetics

Cross 1.



Cross 2.

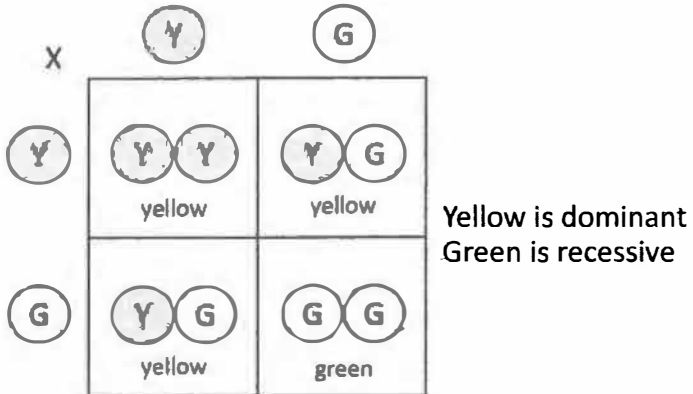


FIGURE 3 Gregor Mendel's pea-breeding experiments, establishing the concept of dominant and recessive genes

Obesity risk score directly related to BMI in the population



FIGURE 8

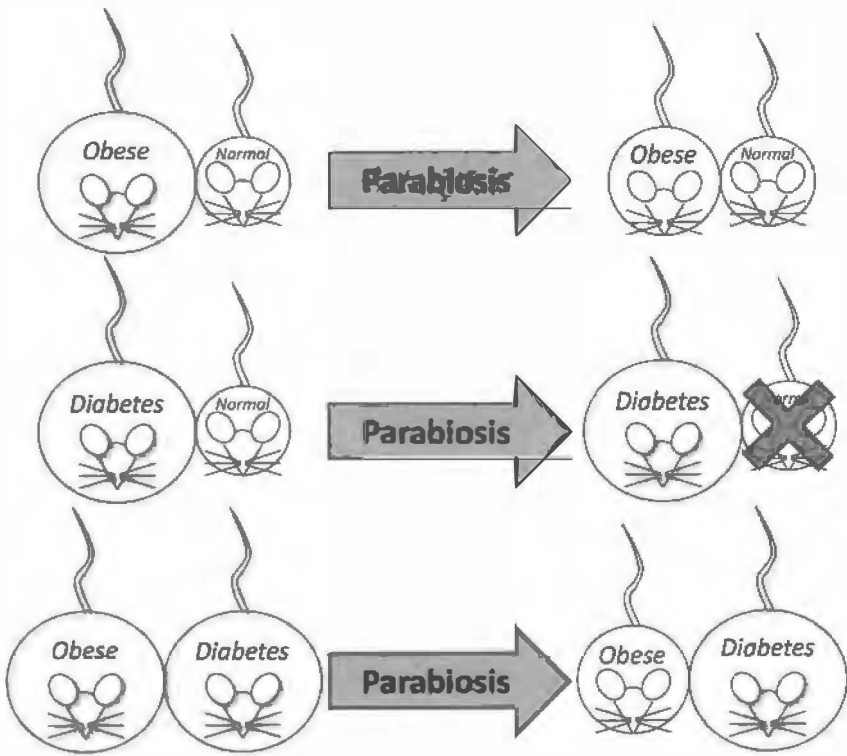
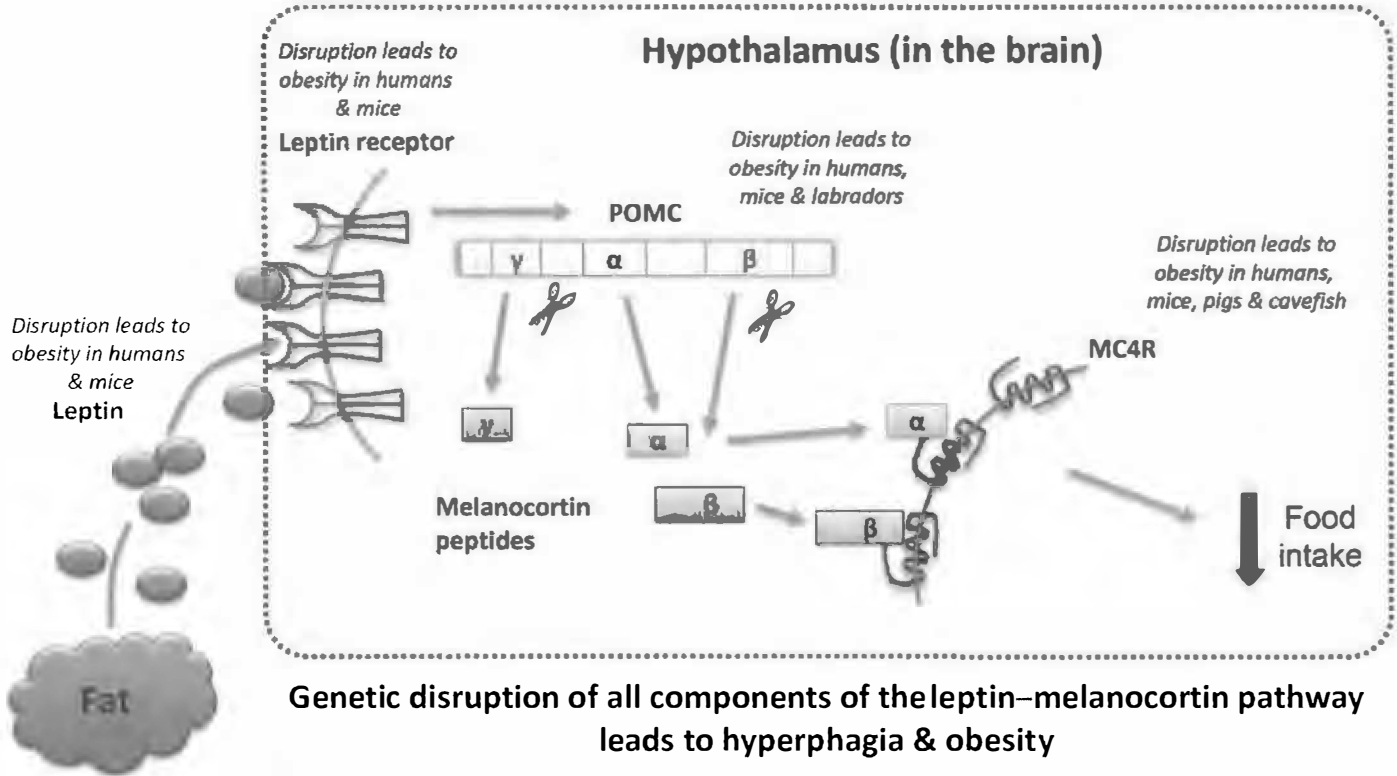


FIGURE 4 Doug Coleman's 'parabiosis' experiments that led to his 'satiety' factor hypothesis

FIGURE 6



Obesity risk score directly related to BMI in the population



FIGURE 8

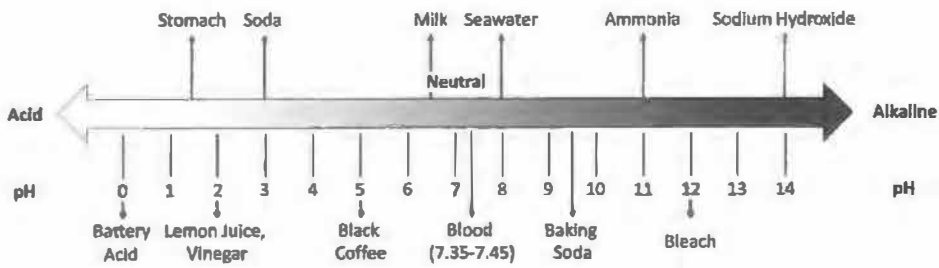


FIGURE 9 pH values of key substances

Obesity Risk score directly related to BMI in the population

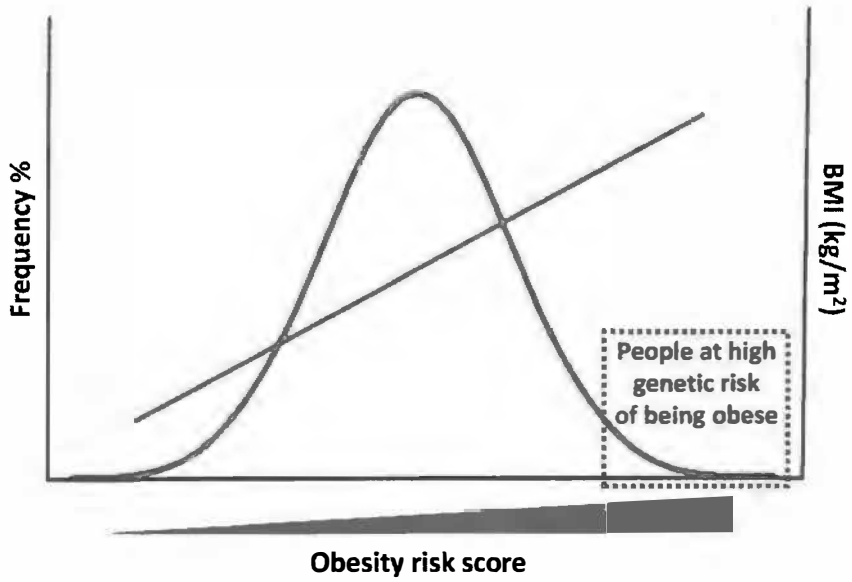


FIGURE 10

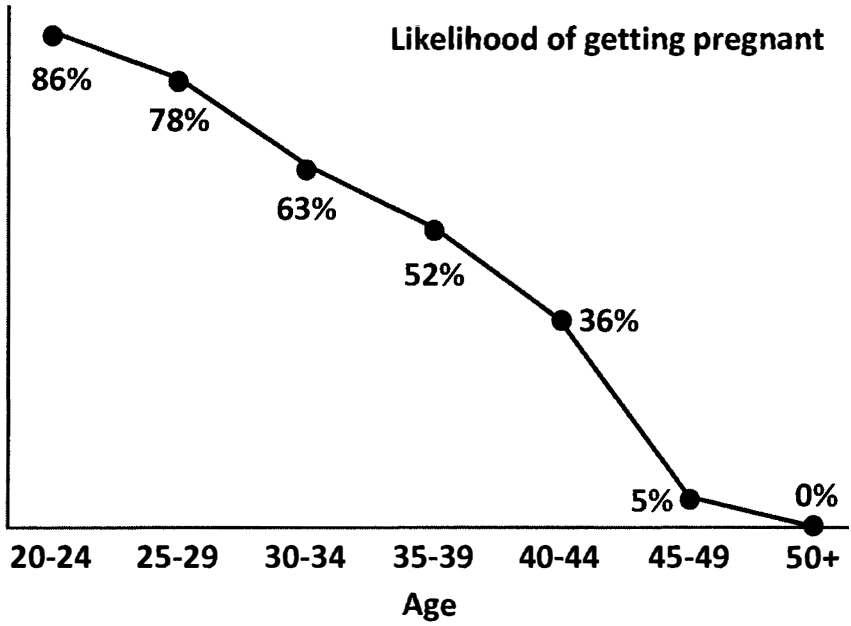


FIGURE 11