

PREVIEW_ Dr. Jason Fung - The Cause of Obesity (Vail 2016)

And this is really the most important question in weight loss.

"What is it that's causing weight gain?"

What causes obesity? What is the etiology of obesity?"

That is the question,

because if you get that question wrong everything you do after that is wrong.

Everything.

All your treatments are wrong, all your drugs are wrong,

the way you think about obesity is all wrong.

And I think that we have everything all wrong.

And why don't we think about this question? Right?

It's about the last question anybody ever have asked. Right?

They all ask, "How can you lose weight?"

But my question is, "What causes weight gain?"

Because we think we already know - "It's too many calories." Right?

"That's obvious" - we've been told that since we're in grade II,

that it's too many calories causes obesity.

This is the whole idea -

"calories in, calories out, a calorie is a calorie."

The problem is, I think, that idea is completely and utterly incorrect.

So this leads to this sort of energy balance paradigm,

which companies like Coca-Cola, they love the sort of energy balance paradigm, this kind scale of too much, you know, calories in, or too few calories out, and they all invoked this first law of thermodynamics. Right?

And if you've never heard it's that - "Calories can't be created.

"The total energy of a system is constant,

you can't created it and you can't destroy it."

Therefore it's either calories in, or calories out.

Now, there are really two major problems with this.

And one of the-- we'll get into that, but one of the real problem is

we know that this kind of paradigm actually doesn't work at all.