

The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss

By Jonathan Bailor

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The Smarter Science of Slim series is now out of print to make way for HarperCollins' January 2014 publication of *The Calorie Myth*. But fear not! In the meantime, enjoy all sorts of free and premium content to help you eat smarter, exercise smarter, and live better:

1. The sold-out Seattle Smarter Science of Slim seminar plus all sorts of bonus ebooks, videos, recipes, and guides -

--Get it: SmarterScienceOfSlim.com/premium

2. The Smarter Science of Slim Podcast

--Get it: SmarterScienceOfSlim.com/jonathan-bailors-smarter-science-of-slim-podcast

3. The SlimIsSimple.org non-profit video series and daily simple tips

--Get it: SlimIsSimple.org/simple-tips

4. The Smarter Science of Slim Blog

--Get it: SmarterScienceOfSlim.com/the-blog

Jonathan Bailor spent the past decade collaborating with top doctors and researchers to analyze more than 10,000 pages of academic research related to diet, exercise and weight loss. The end result includes this simple journal which provides three months worth of food and exercise logs. More than any other author in this new century, Bailor has separated scientific fact from weight loss fiction... to deliver a proven, permanent and practical fat loss solution. Based on clinically proven research... not trendy opinions... Bailor uses biology and common sense to bring reason to the topic of diet, exercise and weight loss.

-----Endorsements for *The Smarter Science of Slim*-----

“Proven and practical.”

—Dr. Theodoros Kelesidis

Harvard & UCLA Medical Schools

“The latest and best scientific research.”

—Dr. John J. Ratey

Harvard Medical School

“An important piece of work.”

—Dr. Anthony Accurso

Johns Hopkins

“Smart and health promoting.”

—Dr. JoAnn E. Manson

Harvard Medical School

“The last diet book you will ever need to buy.”

—Dr. Larry Dossey

Medical City Dallas Hospital

“Revolutionary, surprising, and scientifically sound.”

—Dr. Jan Friden

University of Gothenburg

“Compelling, simple, and practical.”

—Dr. Steve Yeaman

Newcastle University

“Stimulating and provocative.”

—Dr. Soren Toubro

University of Copenhagen

“Amazing and important research.”

—Dr. Wayne Westcott

Quincy College

“Brilliant. Will end your confusion once and for all.”

—Dr. William Davis

Fellowship of the American College of Cardiology, author of Wheat Belly

“Bailor's work stands alone.”

—Maik Wiedenbach

World Cup and Olympic Athlete

“Bailor opens the black box of fat loss and makes it simple for you to explore the facts.”

—Joel Harper

Dr. Oz Show fitness expert

“A groundbreaking paradigm shift. It gets results and changes lives.”

—Jade Teta, ND, CSCS

author of The New ME Diet

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Editorial Review

Review

From Dr. Theodoros Kelesidis, Harvard Medical School & Department of Medicine, UCLA School of Medicine

I am often asked when there will be a proven prescription for weight loss. *The Smarter Science of Slim* is that prescription.

Jonathan Bailor's easy-to-understand and engaging style disguises an astonishing amount of otherwise incredibly complex scientific information. You will not realize you are learning so much because you will be so involved in what you are reading. The pages you are holding will change the way you feel and look faster than any pill ever could. It is incredibly rare to find anything as thoroughly researched and carefully analyzed yet so clearly and engagingly presented in the context of everyday living and eating. For anyone who has struggled with managing weight or maintaining energy, you do not need pills. You need this book.

From Dr. JoAnn E. Manson, Chief, Division of Preventive Medicine, Brigham and Women's Hospital, Professor of Medicine, Harvard Medical School

Jonathan Bailor has performed an invaluable service with his book, *The Smarter Science of Slim*. Jonathan has studied thousands and thousands of pages of academic research on health and weight-loss, and he has put the results into terms that the everyday person can understand. Jonathan's work is far from just another diet book.

The Smarter Science of Slim dismantles the myths that have contributed enormously to the health and weight problems that many people have, and replaces them with easy-to-understand facts that will change the way you think about eating and exercise.

The scientific community now knows a great deal about how the human body works. In culling the literature and gathering the results of so many clinical studies, Jonathan Bailor presents a weight-loss program that is based on rigorous science. As a treasure trove of reliable information and sound facts, *The Smarter Science of Slim* can help you take charge of your destiny and turn the tide on weight gain.

From John Little, Author of *Max Contraction Training*, Co-Author of *Body By Science*

As someone who takes fitness and health seriously and has written extensively on this topic over some 30 years, I am generally underwhelmed whenever I see a new how to book enter the marketplace. Most are celebrity driven, and most celebrities simply do what their personal trainers tell them to do with little regard for physiologic fact. I am pleased to say that *The Smarter Science of Slim* represents something different. Strikingly different in fact.

Author Jonathan Bailor has that rare gift of being able to take highly technical scientific data and interpret it in a way that the average person can understand instantly. In addition, he is able to do so in a manner that makes entertaining and compelling reading while clearly indicating how (and why) the last 40 years of fitness and nutrition advice have made us fatter and more at risk for disease than at any other point in our species' history. But most importantly, he is able to take that mountain of scientific data and divine the practical and simple direction it is pointing to in terms of advancing human health and fitness. The book you are holding in your hands can be said to represent the thinking person's guide to exercise and diet in the 21st Century. No fads. No gimmicks. No celebrity-driven pitching of nonsense. Finally, a book that is worth

reading; not only for the sheer pleasure of it, but also for its ability to dramatically and positively change your health, strength and life.

-----More Top Medical Endorsements---

From Dr. Larry Dossey, *Oprah* medical expert, *New York Times* best-selling author, and Former Chief of Staff of Medical City Dallas Hospital

In *The Smarter Science of Slim*, Bailor demolishes the dietary and nutritional nonsense that has contributed to the epidemics of obesity and diabetes in our country. In its place he erects a simple program anyone can follow that is based on solid science and common sense. *The Smarter Science of Slim* is likely to be the last diet book you will ever need to buy. Unless you enjoy failed diets, do the right thing the healthy thing and read this book.

From Dr. John J. Ratey, Harvard Medical School, author of *Spark: The Revolutionary New Science of Exercise and the Brain*

The Smarter Science of Slim reveals some of the latest and best scientific research on the real story of diet, exercise, and their effects on us. Bailor's concept of high-quality exercise is rapidly gaining support in the medical community, and has repeatedly delivered clinical results which seem almost too good to be true. I heartily recommend this book to people who want to take responsibility for their own health.

From Dr. Anthony Accurso, Johns Hopkins

The Smarter Science of Slim sheds light on the surprising discrepancy between the way healthy nutrition has been presented to the public and the science that underlies it. The idea that fat in the diet translates into fat on the body has dominated nutritional discussions for decades. This work challenges this central idea, and offers clues about why diabetes has been on the rise, and why so many people who are intent on losing weight have found it so difficult to do so. It is an important piece of work.

From Dr. Jan Friden, University of Gothenburg

Revolutionary. Thoroughly researched, rigorously simplified, and downright fun, Bailor's work stands head-and-shoulders above the mass of fat loss myths lining bookstore shelves. In his surprising and scientifically sound expose of the modern fat loss mythology, Bailor reveals the sources of our fat loss struggles and provides straight-forward, practical solutions. Everyone, and I mean everyone, will learn and laugh a lot while reading *The Smarter Science of Slim*.

From Joel Harper, *Oprah* and *Dr. Oz Show* fitness expert

When it comes to the most important part of your life, your health, Bailor has written a book that is a must-read for knowing the truth about evaporating body fat. I am a firm believer in achieving the body you have always dreamed of, and Bailor opens the black box of fat loss and makes it simple for you to explore the facts. Read this book today in order to live your best life.

From Dr. Fred Pescatore, Author of *The Hamptons Diet*

WOW! This book will blow your mind and is a must-read for anyone who wants to learn how to be healthy the 21st century way. In *The Smarter Science of Slim*, Bailor exposes the dietary myths of why we as a nation are still overweight despite years of best-selling diet books. Calories, fat, exercise and hormones - it is all in this book and finally someone got it right. The diabetes epidemic stops here. Poignant, applicable and easy to read, Bailor's relevant work couldn't have come at a better time.

From David Barr, Exercise Science Writer for *Muscle & Fitness*, Editor in Chief of *Strength and Science*, CSCS, CISSN

If you've struggled with weight loss, this could be the magic bullet you're looking for.

From Dr. Soren Toubro, Professor at the Centre for Advanced Food Research at the University of Copenhagen

Stimulating and provocative.

-----More Top Medical Endorsements---

From Dr. Wayne Westcott, Quincy College Fitness Research Director and author of *Get Stronger, Feel Younger*

In *The Smarter Science of Slim*, Bailor entertains as much as he educates. Simplifying and integrating an amazing amount of important scientific and clinical research, Bailor presents a well-conceived, well-researched and well-written book, in addition to a very sensible, practical, and successful approach to losing fat.

From Cynthia Pasquella, Board Certified Clinical Nutritionist, CHLC, CWC

The Smarter Science of Slim is the go-to source for all that is practical, realistic, and effective when it comes to weight loss. Bailor brilliantly brings together all the outdated myths (i.e. eat less, exercise more) and dispels them one at a time in a fun, easy to understand way. This book changes the future of permanent weight loss forever!

From Dr. William Dunn, specializing in the obesity/cancer link

Fat loss theories are everywhere; except here. *The Smarter Science of Slim* is the source for the fat loss facts. Bailor has taken a lot of amazingly complex medical research and turned it into a simple, clinically proven fat loss program that will change the way we think about fat loss.

From Dr. William Davis, Fellowship of the American College of Cardiology, author of *Wheat Belly*

Brilliant. *The Smarter Science of Slim* is a masterful compilation of nutritional and exercise science disproving the archaic fat loss theory of eat less, exercise more. Bailor persuasively packages a wealth of research along with his personal and professional experience into an easily understood and applied framework that will change the way you live, look, and feel. For all those who feel left behind in the nutritional battles and exercise gimmicks of the last ten years, look no further, Bailor will end your confusion once and for all.

From Marion G. Volk, MHSc, Obesity researcher

This is not just another diet book. Bailor has assembled a wealth of scientific evidence showing how our healthy diet and exercise obsession are making us fat and sick. *The Smarter Science of Slim* is a scientifically backed, paradigm shifting, and entertaining exposé that disproves our basic ideas of eating and exercise. If you buy one health book this decade, make it *The Smarter Science of Slim*.

From Dr. Steve Yeaman, Newcastle University

The Smarter Science of Slim is both fun and informative. It challenges the central dogma of diet and weight control and provides a sensible alternative to the current less food, more exercise strategy. Bailor provides a compelling, simple, and practical solution to the challenge of obesity. Try it!

From Lindsay Vastola, CEO Body Project Fitness and Health

From preface-to-conclusion, Bailor cleverly articulates the misinformation that has inundated Americans views on fat loss for the last 30 years. His book is not just an enjoyable read, but his ability to incorporate

scientific-backed research with his no-nonsense, often humorous at times-approach makes this a book every intelligent American should read, especially those who are frustrated with yo-yo dieting and unsuccessful attempts at fat loss.

From Maik Wiedenbach, World Cup and Olympic Athlete, CEO of Adlertraining

As a World Cup and Olympic athlete I have read hundreds of health and fitness books; Bailor's work stands alone. I have never seen such a simple and entertaining presentation of so much fat loss science. Debunking the myths sabotaging the weight loss efforts of millions, Bailor will change the way you think of fat loss and the way you look in less time than you ever thought possible.

-----For More Information: TheSmarterScienceOfSlim.com & JonathanBailor.com---

About the Author

Jonathan Bailor spent the past decade collaborating with top doctors and researchers to analyze more than 10,000 pages of academic research related to diet, exercise and weight loss. The end result is this very straightforward, simple and easy-to-read book, where Bailor bridges the gap between the academic world and the everyday world to dispel the myths, lies, and corporate sales hype that have fueled the current obesity epidemic. More than any other author in this new century, Bailor has separated scientific fact from weight loss fiction...to deliver a proven, permanent and easy-to-implement fat loss solution. Based on clinically proven research...not trendy opinions...Bailor uses biology and common sense to bring reason to the topic of diet, exercise and weight loss.

Jonathan Bailor has a proven track record for solving tough problems. As the holder of over 20 US Patents, Bailor was the inventor of the marquee feature in Microsoft Office 2010. As an entrepreneur, Bailor has started successful businesses, authored three critically acclaimed books, produced a promotional magazine and helped develop a radio show.

Early in his life, Bailor became an exercise and fitness devotee-- spending hours in the gym, carefully monitoring his diet and exercise. During this time, Bailor began to suspect that much of what society had been told about diet and exercise was based on trendy opinions spurred by corporate advertising hype--and not scientific fact. Thus began Bailor's most intensive work--a ten year odyssey to interview top medical researchers and to review thousands of scientific papers related to diet, exercise and the facts of fat loss. The result is Bailor's new series of *Smarter Science of Slim* books which have already been hailed as important new work by top medical professionals, athletes and health science researchers.

---Praise for Jonathan Bailor's Work---

Proven and practical. - Dr. Theodoros Kelesidis Harvard & UCLA Medical Schools

The latest and best scientific research.- Dr. John J. Ratey Harvard Medical School

An important piece of work. - Dr. Anthony Accurso Johns Hopkins

Smart and health promoting. - Dr. JoAnn E. Manson Harvard Medical School

The last diet book you will ever need to buy. - Dr. Larry Dossey Medical City Dallas Hospital

Revolutionary, surprising, and scientifically sound. - Dr. Jan Friden University of Gothenburg

Compelling, simple, and practical. - Dr. Steve Yeaman Newcastle University

Stimulating and provocative. - Dr. Soren Toubro University of Copenhagen

Amazing and important research. - Dr. Wayne Westcott Quincy College

Brilliant. Will end your confusion once and for all. - Dr. William Davis Fellowship of the American College of Cardiology

Bailor's work stands alone. - Maik Wiedenbach Olympic Athlete

Bailor opens the black box of fat loss and makes it simple for you to explore the facts. - Joel Harper Oprah and Dr. Oz Show fitness expert

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Users Review

From reader reviews:

Leo Rizer:

Have you spare time for just a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a stroll, shopping, or went to the particular Mall. How about open or read a book allowed The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss? Maybe it is for being best activity for you. You recognize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have additional opinion?

Joshua Stamper:

Do you one of people who can't read pleasant if the sentence chained from the straightway, hold on guys this particular aren't like that. This The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss book is readable by simply you who hate those straight word style. You will find the data here are arrange for enjoyable reading through experience without leaving even decrease the knowledge that want to provide to you. The writer involving The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss content conveys the idea easily to understand by lots of people. The printed and e-book are not different in the content but it just different such as it. So , do you nevertheless thinking The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss is not loveable to be your top record reading book?

Jimmy Putnam:

People live in this new day time of lifestyle always try and and must have the extra time or they will get lot of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely without a doubt. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to anyone of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, the particular book you have read will be The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss.

George Conner:

On this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become considered one of it? It is just simple strategy to have that. What you have to do is just spending your time little but quite enough to possess a look at some books. One of several books in the top collection in your reading list will be The Smarter Science of Slim Journal: A Smarter Way to Track Your Weight-Loss. This book and that is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking way up and review this reserve you can get many advantages.

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