



## How to Lose Weight without Hunger (Chinese version) 如何在不挨饿的情况下减肥 VS 如何在不挨饿的情况下减肥 如何减肥

Note: A friend who lives in Hong Kong and who is concerned about the health of the people there had this translated into Chinese (he is not Chinese himself). He feels that much official government advice is wrong and unhelpful, and although I don't know what official Hong Kong government advise is, one is inclined to agree with him. I don't know how this works, like whether the article will show up in Chinese search engines, but fingers crossed. The original article is [here](#).

如何在不挨饿的情况下减肥 VS 如何在不挨饿的情况下减肥

如何在不挨饿的情况下减肥 (bariatric surgery) 如何在不挨饿的情况下减肥

如何在不挨饿的情况下减肥

如何在不挨饿的情况下减肥

如何在不挨饿的情况下减肥 11 如何在不挨饿的情况下减肥 7  
如何在不挨饿的情况下减肥?

20 low-glycemic

3 5

BMI 36

30% 1200 1500 1500 1800

1500 1800 Minnesota Starvation Experiment 1600

triglyceride HDL cholesterol (Blood Lipid)

CICO

CICO calories in, calories out

